

Grass Roots

Craft and self-sufficiency

For down to earth people

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New Zealand Edition

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Sustainable
Farming

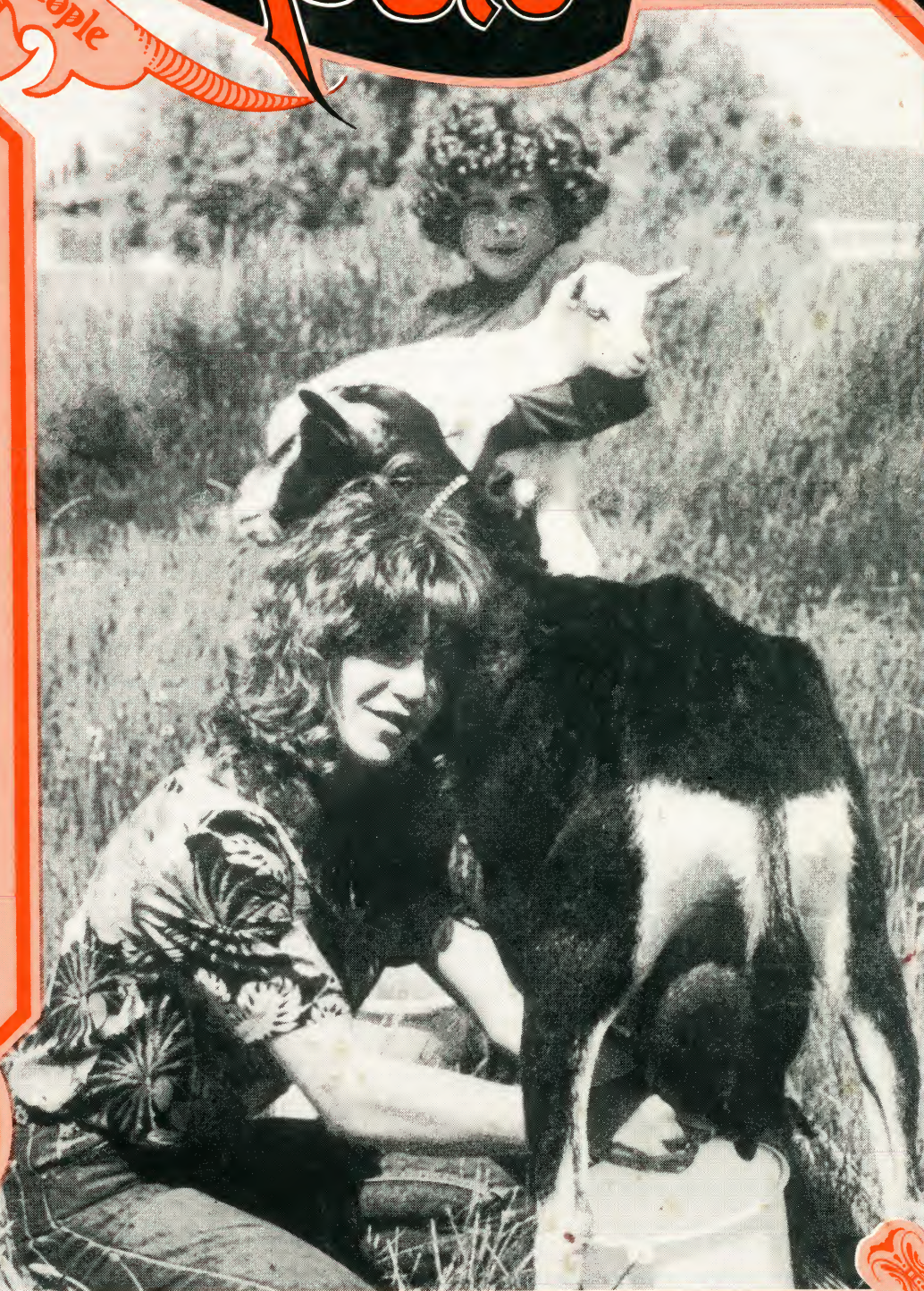
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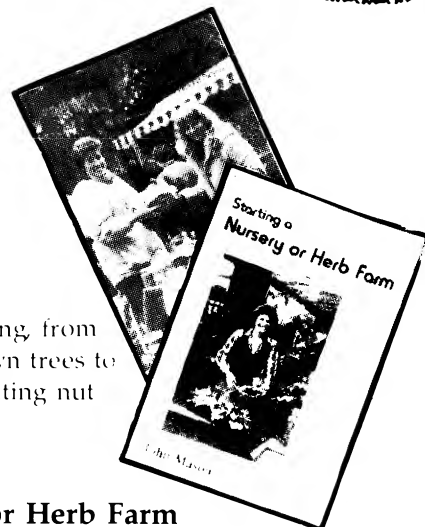
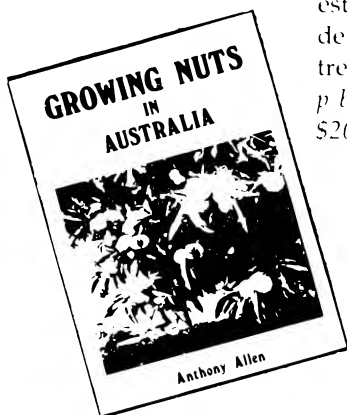
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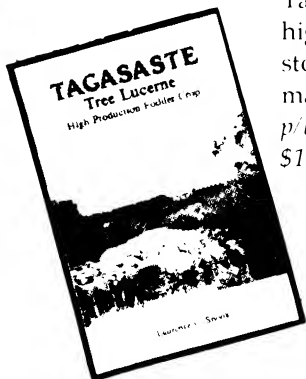
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Front Cover: For many GR readers springtime brings a rush of growth in the garden, nests of freshly laid eggs, and a dramatic increase in the numbers of the goat herd by way of sprightly kids. One important aspect of kid management is disbudding, and directions are given on page 37 for making this less traumatic. With kidding there is often an excess of goats' milk so on page 22 we have more ideas for using it up.

Back Cover: A vaulted mudbrick loo from Tapitallee Retreat, NSW in progress. Inspired by *Houses for the Poor* by Hassan Fathy this unique structure has extra appeal since its timberfree construction spared precious natural resources.

Distributed by Gordon and Gotch.

Feedback Link-Up Feedback

Dear Readers,

Every year COLLINGWOOD CHILDREN'S FARM holds an old fashioned Country Fair Day. Major features of the fair day are the arts/crafts, cooking and produce competitions. For enthusiastic city gardeners there are sections for native plants, flowers, pot plants, fruit and vegetables, so start growing. Fancy yourself as a cook? The cooking section includes cakes, scones, homemade bread, homemade chocolate and a special section for the best Turkish, Greek or Asian cake or sweet. For the more creative cooks there is a section for the best decorated cake. For creative people the arts/crafts section offers plenty of scope. Sections include textiles, needlework, sculpture art, photography, basketry, floral art and multi-media. Then there's the kid's section. This includes writing, drawing, the best dressed scarecrow and lots more. Last year this was a great success with an enormous number of entries. One kindergarten even enrolled all its population!

So get started on your entries or just come along on the day to look. It's on Sunday Oct 15 at Collingwood Children's Farm, St Hellier's St, Abbotsford. Entries accepted Friday 13, 2-6 p.m. and Saturday 14, 9-3.30 p.m. For details and entry forms ring Kathy 03-418-0651 or me 03-419-9184.

Wendy
103 Turner St
ABBOTSFORD 3067.

Dear Sir,

During the years 75-77 we had the privilege of living on the FLEURIEAU PENINSULA and loved it. We only returned to Queensland because of family problems, my wife's parents being ill. We have long desired to return there to live but financial strictures have prevented us. Now, although these still apply - all living on a pension now - we are growing very restless to return to such a nice area and nice people too. If any of your readers know about prices of rental houses, farm houses, in the area around Meadows to Strathalbyn, we would appreciate hearing from them.

Charles & Jan Stevens
Sandalwood Caravan Park
WARDELL 2477.



Edited by Megg Miller and Kath Harper.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

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Dear Grass Roots,

Thanks to everyone, the producers and the contributors of *Grass Roots*. It makes me feel good every time I read it, and a little less alone as I am travelling around Australia, for although I meet some lovely people there are times when I feel so isolated and alienated (mainly when I am in cities). It's so good to know that you're all there!

My next stop on my travels is NEW ZEALAND and I'd love to hear from any grassrooters there who I could meet. I enjoy meeting people of all ages, of all walks of life. I'll be coming over sometime in February so if anyone's interested do drop me a line.

Denise Ashworth
Poste Restante
CAIRNS 4870.

Dear GR Folk,

In GR 74, I outlined my dream of a MODEL NEW AGE COMMUNITY and invited readers to send for the draft concept paper. The response is overwhelming and the level of support convinces me that it will definitely work. To all those who have so far written, thanks for the encouragement.

I'm heading off to Britain (Findhorn, etc) for two months and a friend will be handling all the mail from: PO Box 187, Corryong 3707. On return, I will go to Queensland and will respond to everyone personally from there. For all future enquiries, would you please enclose a large envelope (the draft paper comprises over 20 pages) and postage of \$1.10. Thanks.

Anne St John.

Dear Grass Roots,

I would like to get information from you on a couple of needs. I have been working through meditation with a Master from the realms of Spirit who has told me the world will likely turn on its axis in 1990, so one need is a WATER DRIVEN MOTOR, and also information on the best types of long life batteries and solar system. I have an engineer (tool maker friend) who could possibly make the needed gadget that would achieve this. I do not plan on using this while there is petrol as I know it would be against the law, but would like to have the system ready. I hope you can help us in this quest as we could run motors for power, as I guess the roads would be washed out. The master said we will have quite bad tidal waves. We plan on getting our gear ready in one year for self-sufficiency, then maybe we can help those who are spared.

I Pounds
The Vines Caravan Park
Byards Rd
WOODCROFT 5162.

Dear Megg and David,

To Elaine Blomdale of Kyogle (GR 73, p. 80) re SCENTED ORANGES: to one orange you will need about 30 cm (12 in) of 1 cm (1/2 in) tape, a few pins, 1 wooden cocktail stick, 30 g (1 oz) of whole cloves, 1 teaspoon dried orris root powder, 1 teaspoon powdered cinnamon, a small curtain hook and 60 cm (24 in) of 1 cm (1/2 in) wide satin ribbon. Make the orange into quarters by wrapping half the tape around it, from the stalk end, underneath and back to the top, pinning it in place, so as to divide the orange in half. Pin the second half of tape crossing the first so that there are now four quarters. Use the cocktail stick to pierce holes in the skin. Then working one section at a time, press the cloves in the orange following one side of the tape then the other side; gradually fill in towards the centre till completed. Repeat with the other three sections. Place the orris root and cinnamon powders in a paper bag and shake the studded orange in it. Close the bag tightly and leave in a box for a couple of weeks to mature. Unwrap the pomander, remove the tapes and pin ribbon in place of tape, press hook in the top and tie a bow to finish off. It's now ready to hang in the wardrobe.

Thanks for producing the best and most interesting magazine, it keeps all us dreamers sane! Cheerio.

Barbara Parker
28 Hethersett Rd
SASSAFRAS 3787.



Feedback Link-Up Feedback

Respected People,

The Indian system of medicine (Ayurveda) has a glorious tradition and caters to the health care needs of the majority of the rural population even today. The urban folks have become slaves of the Western system of medicine – allopathy – to such an extent that traditional medicine has been completely ignored. The proliferating pharmaceutical companies and the total reliance on allopathy even by policy makers has further jeopardised traditional medicine.

TRADITIONAL MEDICINE has tremendous potential to meet the primary health care needs of the majority of the population, yet it has been ignored in the National Health Policy. The Primary Health Care Centres in rural areas practising allopathy are poorly managed and too few in numbers, so access to health care is difficult for most people in rural areas. The resource base of traditional medicine is locally available flora and fauna and a sustainable utilisation of these natural resources is necessary to ensure the availability of medicinal plants.

The Academy of Development Science is engaged in revitalising traditional medicine in India. It is trying to remove the weakness by working with tribal doctors and village level health workers. They are trained in various aspects of traditional medicine by experts at the Academy. At the same time, we are attempting to document the traditional knowledge of tribal healers. We have formed a network of voluntary organisations in different parts of India and are also interacting with universities, research institutes of Ayurveda and government agencies.

Traditional medicine also suffers due to unavailability of medicinal plants to the rural people, and in this context our attempts to establish a gene bank of medicinal plants for conservation and educational purposes assumes significance. We also want to set up a small seed bank and nursery to distribute seed/plantlets to local people, a tissue culture lab and a training and education centre for folk practitioners and village level health workers. We have 27 acres of land but we cannot begin any work till we receive financial support from sponsors interested in conservation of plants and traditional medicine.

Our vegetation projects are aimed at improving tree cover as well as providing sustenance to the tribal people. Fruits collected by tribal people are processed at the Academy and sold in the cities. This unit works on a co-operative basis, which encourages the people to grow and protect fruit trees. Also, seed and saplings of other indigenous trees are distributed from our nursery to the local people. We have the active support of the local tribes and they will participate in any project given by us. Anyway, if you are interested in our projects, please let me know.

Rajeev Khedar
E/5, Guru Prasad
90 Feet Cross Rd
Arunodaya Nagar
Mulund (E)
081 INDIA.

Dear Gardeners,

I am in need of open pollinated LEBANESE CUCUMBER seed to grow for myself. Any folk who may have bought seed from me, can you share some back?

Lorraine Blaney
Teatree Seeds
BEACHMERE 4510.

Dear Readers,

With reference to the article on 'First Aid and the Lone Worker' (GR 72), *caution*: yes, ALOE VERA is a marvellous plant, but unfortunately some people are allergic to it. I have a friend who once applied it to broken skin and it virtually crippled her for a fortnight and it took her a long time to recover.

Thank you to all contributors to *Grass Roots* I often find exactly what I need to know at that time. For Lucy Smiechura, use a bucket of water with a big dash of vinegar for RINSING NAPPIES – I used cider vinegar.

Robyn Baker
RMB 687
LOWDEN 6239.

Dear Megg & Staff,

This is a personal THANK YOU to you all. I had a letter printed in Feedback early this year and have had roughly 18 replies. I couldn't believe it! They were all wonderful letters, full of help, recipes, photocopies etc – one lady even posted me 1 kg of flour and a packet of yeast to help with the breadmaking problems I had! The best part was the friends I made, people who live nearby, who I might never have bumped into if it wasn't for Feedback.

The big change of moving to the country will be small problems compared to the next one. My husband has decided to take an early retirement from his job. He's been there 10 years. That's why I've ordered *The Householder's Compendium* and *Making Unemployment Work* from you. I have the feeling we're going to need them until he lands a job closer to home.

We've been here almost 8 months now. Boy, have we made some mistakes! But we're learning from them. Someone should have told me that roosters chase people. Maybe we shouldn't have put the veggie garden on the low side of the hill either. We got up one morning after a thunderstorm to find a pile of lettuce, celery and mud all washed up against the fence! But our motto is: Don't be afraid to be different, because it saves you from being nothing.

All the best to you all. You help keep a lot of people going when it's tough. I hope we do the same for you.

Jessica Bruce
CESSNOCK 2325.

Dear Grass Roots,

I need help! Bung a capital 'H' in front of that and you've got an idea of the depth of my problems.

I'm a pensioner with two teenage sons and an eighteen month old baby girl. I've been offered the interest free loan of \$3000 to buy some land so I can build a home for my kids. I feel like the proverbial rabbit with a carrot just out of reach. The lovely system that rules this country has put my nose in it and keeps pushing. But I refuse to give in to those greedy little people who think cheap is a lifetime's work. I've been told by them I'm being unrealistic thinking I'll get land for that price, but if I had believed that theory in the past I wouldn't have the things I have got now.

Does anyone have any positive practical suggestions about where I might LOOK FOR LAND to suit my needs? I'm not scared of work and I know I can do it, if I can just get the land. I've tried all the usual venues and no success. Even a group system would be a help. If you think you can help me please write. I'll chase any leads anyone can give me.

Jenny Wright
C/- PO
GORMANDALE 3873.

G'day Mates,

Can anyone help with information about ENVIRONMENTALLY SENSITIVE TOILET SYSTEMS? A septic is out of the question, and I have doubts about a long drop because of the underground water. More power to your garden folks!

Andrew Frost
C/- PO
WANGARY 5607.

Dear GR Readers,

I am seriously considering giving a long standing friend the chop. It's a 3 year old Hawaiian PASSION FRUIT. It grows like a bomb, flowers prolifically and when you think you have it made the huge flowers bow out after a day. You're left deflated and with no fruit. What is it? We have a bee hive and never see a bee near it, though there are always bees on other things. Or is it a soil problem – it's quite clayey. Can someone advise me?

Also I have a 44 gallon drum of food and compost scraps all cooking and fermenting away. What next – must I tip it all out and dry it or can I throw it on my hungry veggie garden? I'd love to use it soon for the garden.

Helen Crowe
C/- PO
LOWOOD 4311.

Feedback Link-Up Feedback

Dear Megg and David,

In reply to your query about AGEE PRESERVING BOTTLES, I can't help, but our local shop gets Vacola stuff from Australian Hostess Industries, 245-285 Burwood Rd, Hawthorn 3122. I haven't seen Agee gear for a long time now, but use and get on well with the Vacola range. Am presently bottling tomatoes, as it's been a boomer year for them here. Had to put shade cloth on the north side, and over the plants, as the hot north wind and sun burn the tomatoes here (maybe too much ultra violet from the hole in the ozone layer?).

Garden peas, broad beans, silverbeet and Pontiac spuds did well last winter, but the pumpkins have only been marginal this season. I was given a pepino plant and it looks happy and has 3 fruit on it so far. Don't know what kind of pepino it is, but suspect it's one of the smaller fruit ones.

My woodcraft industry is limping along. I find if I charge more than \$3.00 an hour for labour, making the gear, it's too dear for the tourists to be interested in. I'll keep going this year, but if things don't improve I'll have to try and get a job again.

If you know anyone who needs to live in a constantly windy climate, tell them Streaky Bay on SA's west coast is the spot. I reckon the wind only stops to change direction here! All the best for your great magazine, and to all the other people who read it.

**Michael Hunt
13 Centenary Rd
STREAKY BAY 5680.**

Dear Grass Rooters,

Hasn't it been hot lately? The summer was fairly mild over Christmas in South Gippsland, but I'm not so keen on sunbaking, as I have a very tender skin. Also, with the new dangers of skin cancer, you cannot be too careful. I can avoid SUNBURN when out of the water by lots of shade, big shirts and hats, but while I'm swimming it is another matter. Has anyone got any good (waterproof) ideas, as 15+ sunblocks do nothing to me? Here's one or two good sunburn relievers from a great book, *The Make-your-own Cosmetic and Fragrance Book*, by Elizabeth Franke: aloe vera juice (of course), cucumber, strong tea (the tannin takes the sting away), calamine lotion (a good standby for every outdoor complaint), and also pulped lettuce leaves. I specially recommend the cucumber.

Also, anyone interested in a small one teacher school in South Gippsland please write to me. Our school is one of the last one teacher schools in Victoria and we desperately need more students. Are there any other Victorians whose children attend a similar school?

**Louisa Vale
Creamery Valley Rd
TOORA NORTH 3962.**

Dear Megg, David and Grass Roots Folk,

This is my first letter to you, since recently receiving *Grass Roots* on a regular basis. The magazine is full of interesting and informative articles, but best of all, it's full of real people, people who feel and share.

After reading my first 3 copies, I wondered if I was missing out on life - because I was not 'self-sufficient', and probably never likely to be! Being a resident of suburbia, with a husband who is a high school teacher and myself doing casual relief teaching, the hectic pace of our lifestyle seemed completely opposite to all the dreams (past, present and future) of so many of you who write to *Grass Roots*. However through the past 30 years of yoga, I have come to realise that we all have a **ROLE TO PLAY** in this world and each one of us can contribute our character's personality in such a way that we will be a positive force in its development, however small it may seem.

Consequently, I was thrilled to read of Helen and Dean's ambition in GR 71; p. 9, to write a book for children about life in a national park and of course immediately wrote to them with some ideas. Because of my husband's occupation we are very fortunate to be able to enjoy the wonderful range of national parks environments during school holidays, and our family (2 girls, Kerry 12 years and Lee 7 years) have experienced and cherish many wonderful family times of camping and getting back to basics. I also organise a lunchtime activity at the girls' school, during which we walk and explore in our very own local Conservation Park - Black Hill.

Many children and adults do not have the opportunity, for many reasons, to be self-sufficient, but we can still grow in our awareness of the environment and make a positive contribution to other people's growth by sharing our knowledge in a wide variety of ways. So, best of luck Helen and Dean with your book/s, and thank you Megg and David for your fantastic magazine that provides an opportunity for so many people to share in so many different ways, many of which never go to print! Love to you all.

**Joy Stewart
44 Maryvale Rd
ATHELSTONE 5076.**

Dear Readers,

In relation to the queries on ASTHMA: deep wheezing breaths occur when the walls of the bronchi are covered with mucus. This is caused by foods such as dairy products, sugar, fruits, and saturated fats. In more serious cases, mucus begins to fill the alveoli, and breathing becomes difficult. Mucus in the bronchi can be loosened by coughing, but once it surrounds the sacs, it becomes more firmly lodged, and may remain there for years. Then, if air pollutants and cigarette smoke enter the lungs, their more solid components are attracted to and remain in this sticky environment. However, air pollution and cigarette smoke are not the cause of this disease. The real cause of these problems is poor quality blood, resulting from improper diets. Since changing to a macrobiotic diet 2 1/2 years ago I no longer suffer with asthma and have experienced many other benefits. The sprays and medications are merely a symptomatic approach, not a cure.

Health and happiness to all.

**Lindy Smith
PO Box 95
MURCHISON 3610.**

Dear GR Readers,

With effects of winter still here, maybe some of you would be interested in this 'Dragon's Breath' COLD PREVENTION. I think the basics were gleaned from a Diane Dincin Buchman book. The ingredients are: 10 mls apple cider vinegar, two heaped teaspoons honey, and about 1/8 teaspoon cayenne pepper. Mix with warm water, close your eyes and drink each morning. It seemed to keep my daughter and me 'flu free last year, although the rest of the family regards it as 'one of Mum's witches' brews'. However a word of warning, cayenne pepper is somewhat laxative, so it would be best to start with a pinch and build up to what you can tolerate.

Also, some praise for ALOE VERA. A couple of times lately I have splashed myself with hot oil. Merely plunging my hand into cold water and rubbing with ice still left painful blisters, but a quick application of aloe vera juice reduced the stinging and healed the burns quickly. My mature plant has quite a few 'pups' so I will soon have to cut these off with a sharp knife (below ground) and pot them also.

Thanks for an interesting and friendly magazine.

**Marg Linahan
306 Windermere St
BALLARAT 3350.**

Dear People,

During my recent visit to Australia, I enjoyed reading *Grass Roots* magazine. I am a 20 year old college student interested in music, writing and travelling in Australia. I would like to WRITE TO AUSTRALIANS between the ages of 18 and 23, especially in NSW, Vic, and SA.

**Bill Raetz
301 Hiawatha Drive
Little Rock
ARKANSAS 72205-4826 USA.**

Dear GR Readers,

Would anyone know of any CRAFT SHOPS in the TAREE AREA or on the tablelands, Tamworth, Armidale etc that will take homespun hand-knitted articles, either on consignment or buy? Also is there a spinners and weavers group in Taree?

**J Bourn
19 Hogan st
HARRINGTON 2427.**

Feedback Link-Up Feedback

Hello Everyone,

We are a family of 6 or 7 who are LOOKING FOR A COMMUNITY to join and live on. Our main priority is close proximity to a Rudolf Steiner school. We are: a boy 5 months, girl 2½ years, 2 girls from my previous marriage, 11, 13, and a boy from my husband's previous marriage, 10. My husband is 32, I'm 34. The 10 year old boy usually lives with his mum and visits us while the girls 11, 13, usually live with us but often go away to visit their dad during the school holidays.

At present the girl 11 and boy 10 attend a Steiner school in class 5. Their school only goes as far as class 6, so by the end of 1990 we need to be settled near a school which has a class 7. The girl age 13 has so far only attended state schools but is interested in trying a Steiner school if possible, she is at present in year 8. For the two younger children our goal is that they stay at the same school for all their schooling.

About 4 years ago we lived on a community in Queensland, as visitors, for about 6 months. We did not have water, electricity, or all weather access, so we have some experience in 'roughing it'. Prior to this my husband Ian lived on another community for approximately 5 years.

We will be very grateful for any information that anyone can pass onto us about RUDOLF STEINER SCHOOLS and also about communities seeking new members near these schools. Looking forward to hearing from you, with thanks.

**Wilhelmina Johnson
16 Bartlett St
PRESTON 3072**

Dear Megg, David and Fellow GR People,

While most people opting for the alternative lifestyle appreciate the enormous value of *Grass Roots* magazine, it is with great interest that I note the increasing number of NZ READERS. Most of these readers will be familiar with the now defunct *Mushroom* magazine, but I feel the time is right for the revival of an NZ format akin to *Grass Roots*. Basically, the purpose of this letter is to ascertain the interest in such a project from NZ readers.

I envisage a layout consisting of letters and adverts (i.e. private classifieds and commercial, relevant advertising), but stress that this is not an opposition to *Grass Roots* – rather, a supplement, as many ideas and conditions are not relevant to NZ although they work in Australia. Should there be enough interest, a format will be drafted and a small run printed to judge acceptance. I appeal to all you NZ GR people to band together and drop me a letter, or whatever, to see what we can produce for ourselves.

**Marshall de Leon
PO Box 81.044
Whenuapai
AUCKLAND NZ.**

Dear Fellow GR Readers,

Hi! John and I have moved and renovated an old home, it's taken six years and a lot of hard work, but we are pleased and proud of the results. Now our desire to own enough land to become self-sufficient increases after every issue of *Grass Roots*. I would like to contribute to our income by WORKING FROM HOME. Is there anyone that can give me some ideas or advice on ways to do this? I've thought of mail order selling, but I know nothing of the laws, tax, what to sell or where to get it. I could sell clothing or manchester seconds but I don't know where to start, so any ideas or advice would be most welcome. We love *Grass Roots* and everything it and fellow readers stand for.

**Pam Jobson
18 Corbett St
DARLINGTON POINT 2706.**

Dear Megg and David,

I'm writing this in the hope that it might help those young people whose dream it is to buy their own block and become self-sufficient but whose lack of a well paying job prevents them from being able to make their dream come true in the foreseeable future. Why not COME TO JAPAN and teach English? That's exactly what I've been doing

for 3½ years and I plan to return to Australia to buy my own block later this year.

To teach English to Japanese people the first requirement is to be a native English speaker. You also need to be well dressed and presentable. Most Japanese people can read English to varying degrees and many can write it. But, because of a faulty system of teaching English in schools most people are severely lacking in spoken English skills. So when they take a class they are usually looking for conversation classes to improve and practise their listening and speaking skills.

Many people prefer to learn English from Americans but in the last couple of years many people have been fascinated by Australia and Aussies have become very popular. Teaching Japanese people can be a real joy because they are such generous and honest people. Of course there are exceptions but they are always polite and invariably well dressed.

As well as the possibility of building up to a satisfactory workload there is also the advantage of learning about another culture and comparing the advantages and disadvantages in yours and theirs. But, living in Japan is very expensive, Tokyo having by far the highest cost of living of any city. Accommodation is the biggest expense. If you want to move into an apartment (unfurnished) of your own you have to pay the landlord one month's rent, the rental agents one month's rent, two month's bond (returnable) and one month's rent in advance. It wouldn't be advisable to come to Tokyo with your last couple of hundred dollars because you'd probably find yourself out of pocket within a few days. And nothing can be speeded up. Everything must take its course. Salaries are paid monthly, payday possibly coming on the 20th day of the following month after starting work.

To make English teaching pay for you, you would probably have to consider staying for a year at the minimum. If you stayed in a big city like Tokyo you'd have to get used to big crowds and other inconveniences like few parks etc. But on the plus side Tokyo is relatively crime free. It's also much cleaner than most Asian cities and the trains, though crowded, are spotlessly clean and always precisely on time. Another plus is the varied low fat Japanese diet which contributes to the Japanese being one of the longest lived nations of people in the world.

There are many things that you can learn about while living in Japan such as Shiatsu, Ikebana, Judo, and you might find you make many friends as I have.

**Kurt Ruzsicska
406 Villa Bliss
4-34-3 Kita Shinjuku
Shinjuku-ku
TOKYO 160 JAPAN.**

Dear Grass Roots,

In reply to Erin Forrest (GR 72): to stop REGROWTH ON TREES, knock suckers off stump with the back of an axe – best when about 4 ft high. Do not cut them off.

To Denise Seaton (GR 72): an old remedy for SCOURS IN CALVES is raw egg mixed in their milk or if too dehydrated and unable to drink, toss a couple of raw eggs down their throat.

For PARASITES, fruit fly etc. round the garden, readers could try approx 2 dessertspoons Epsom salts and one teaspoon Condyl's crystals (from chemists) in about 2 litres water, for spraying onto fruit and vegetables. I have not tried this method so am not certain of strength to use.

I had a query in GR 54 as to how to get rid of frogs croaking at night. One small eel in the dam quietened them down.

If there is any active pensioner (with own transport preferred) willing to take some responsibility as caretaker at times and who requires a place to call home, we could do with one here. We missed out on Monty Seng (GR 71) as he was overwhelmed with people after him.

**Roy Ruwoldt
3 Mile
CROWS NEST 4355.**

Feedback Link-Up Feedback

Dear Erin

Regarding REGROWTH (GR 72): I also experienced problems with dormant buds under the bark springing to life once the main tree had been lopped. After many exasperating months of pulling off all new growth only to have it return even more vigorously, I tried a new technique. Having remembered from previous plant growth lessons from the local TAFE that the dormant buds are just under the bark, I took a large hammer and smashed off all the bark on the stump down to ground level. This was really quite easy as the bark is quite thick and comes away readily. This exposed the inner surface to the elements, and it quickly dried out, thus killing all remaining (yet invisible to me) buds. I had a few more shoots spring up from just around the base where I hadn't got all the bark off, but just a bit more work with my hammer took care of those, and I have never had any more problems. Not only did it work for the eucalypts planted under the power lines, but it also worked on a willow I wanted to remove, so I presume it may well work on any genus of tree. Trusting this method works for you also. Fond regards to all.

**Jenny Fleetwood
PO Box 269
ANGASTON 5353.**

Dear People,

With the current threat of disaster facing our environment it is time we all introduced METHODS OF CONSERVATION into our everyday lives. Do you:

- recycle paper, cans and glass
 - use unleaded petrol
 - recycle engine oil
 - plant native trees regularly
 - turn off switches to conserve energy
 - make compost
 - use handkerchiefs not tissues
 - share transport
 - buy biodegradable products
 - use products without CFC's
 - take your own bag shopping?
- For the earth.

**Evan Fearn
3/48 Bay Rd
WAVERTON 2060.**

Dear Megg, Co-workers and Readers,

It is refreshing to note the enthusiasm about our herbal lore as displayed in Liisa Hobler's letter (GR 72). Interest in herbs is growing, as more people choose to control what they are ingesting. There are many culinary, cosmetic, medicinal and many other uses, but the motivation for change from conventional medicine in most instances is for a cleaner, proven and easier available substitute. I would emphasise *clean* and urge everyone not to be tempted to pick a HERB not grown in a controlled, unpolluted environment. FORAGING was fine 100 years ago, but aerial spraying, leaching of DDT and other chemicals, road run off with heavy metals (cadmium), garbage tip seepings, councils' weed control, raw sewerage running into streams (or in some areas along the road) surely are not a healthy medium to grow herbs in. Some of the herbs Liisa mentioned as freely available, e.g. horehound, thistle (and many others not named) are on the noxious weed list of the Dept. of Agriculture and I have watched many times the local council's spray unit doing a thorough job. If this is the way many of the herbs used in Australia today are collected I would question the ethics and sincerity of the industry.

So all you interested readers, please grow your own! I have done so for the last 18 years, mulch or compost being the only additive. To Liisa, thanks for a stimulating letter – enjoy your herbs and keep the interest going. Greetings to all.

Herta Van Zanten.

Unfortunately, Herta, we seem to have mislaid your address, so have been unable to include it with your letter so that anyone interested can contact you direct.

Dear Grass Roots,

Firstly, I feel an apology is needed from me as I may not have stated the exact truth in my recent letter published in GR 72, about GROWING VEGIES relying only ON NATURAL RAINFALL. I may have been wrong about the pumpkins and squash growing without any extra watering. My husband carts water from a communal spring to water some of the garden but not all as it takes too much time and petrol, so he may have watered some of them from time to time. Also, what I thought were rockmelons turned out to be cattle melons! But I am sure that some vegies, namely the broccoli, zucchini and snake beans, also kale, were all right without extra water. The recent rains were the first real soaking rain we have had in the eighteen months we have lived here.

Some ideas about REMEDIES: for ringworm, kerosene or tomato leaf juice rubbed on several times a day; for asthma, I read that someone was cured by not eating anything between meals. Drinking anything other than water between meals is also a health hazard. About white ants, I have read that arsenic in their run will destroy them, also builders lime or creosote. For pumpkins to succeed use seed two or three years old and don't let self sown ones grow as they will make a lot of foliage and not many pumpkins. For peach leaf curl put a piece of horehound in the tree. If anyone would like a leaflet on the eight laws of health, also uses of charcoal, if you send a SAE I would be happy to send them.

Love and peace, God bless you all.

**Phyllis Baigent
59 Cypress Drive
HOME RULE via MUDGE 2850.**

Dear Grass Roots,

I wish to express my appreciation to Sharon Brown, for her article, GR 72, entitled 'City life is what you make it'. I live right in the city and I gained ideas and inspiration from her work. The many and varied ideas published regularly in *Grass Roots* seem to keep proving the assertion published by the Australian Inventors Association, in its December 1988 edition of the *Inventor* that 'Australia has the highest number of inventors per capita of any country in the world'.

On another tack, the vast commuting distances in Australia make the transition to WORKING AT HOME more and more important. The electronic, telecommuting cottage (farm, flat, mobile home) was clearly described in 1980 by the futurist writer Alvin Toffler, in his book *The Third Wave*. In this book, it is stated 'Gerald Mitchell, Manager of Engineering, Western Electric, Northern Illinois (USA) went even further, 'all told, 600 to 700 of the 2000 (employees) could now – with existing technology – work at home and in five years we could go beyond that.' Pages 210-211 gave results of a National Science Foundation study: 'these calculations showed that in 1975, had even as little as 12 to 14 percent of urban commuting been replaced by telecommuting, the United States would have saved approximately 75 million barrels of gasoline – and would have therefore completely eliminated the need to import any gasoline from abroad. The implications of that one fact for the US balance of payments and Middle East politics might also have been more than trivial,' (not to mention the lessening of the greenhouse effect!).

Recently, a Melbourne company, Easter Ltd, claimed that the paper-free office, by the year 2001 or sooner, would be a reality in Melbourne because of their development of a document management and retrieval system capable of storing millions of pages of information with access to any page in 15 seconds (*Link Magazine* Vol 7 No 2, March 89.) Can this be a means of helping to save our trees? Finally, Toffler continues, 'It is worth observing that one of the things that has bound families together throughout history has been shared work . . . and when campaigners for family life discover the possibilities inherent in the transfer of work to the home, we may well see a rising demand for political measures to speed up the process, tax incentives for example.

For myself, I look forward to the end of the daily monument to man's madness, 'the peak hour rush'!

**Norm Williams
Flat 3, 15 Merthyr Rd
NEW FARM 4005.**

Feedback Link-Up Feedback

Dear Megg and Kath,

Almost two years ago my wife Maureen and I sold our house at Heckenberg in the Sydney area and bought 186 acres of scrub, rock and granite soil, exchanging a mortgage for peace of mind and a 30 ft transportable home. Thank God we own the lot and have a well which produces 5000 gallons of water per day.

The problem is that we have to pump the water up hill into a holding tank then gravity feed it back down to our home for use on the garden patch for the animals and for our household needs. I've managed to get my hands on a few old 44 gallon drums and a car diff with a ratio of 2:1 or thereabouts. Can any of your readers help us out with instructions on how to BUILD A WINDMILL to save us the fuel needed in our present pump? Also I would like to know if any one can give us money saving ideas on positive displacement WATER PUMPS, these would be the only ones to use in our situation, and they are worth an arm and a leg.

Thank you for a great magazine, we have recently linked-up with John and Pam Hobba (GR 71), by post so far but we are looking forward to meeting our new friends in the future. Keep up the good work and God bless.

**Maureen and Bill Williams
'Makor'
Limestone Rd
ASHFORD 2361.**

Hello Folk,

Could anyone, anywhere supply us with hints on TANNING HIDES? Is there an easy way? We are just starting off in the leatherwork craft and find leather from craft shops rather expensive. A wide range of hides will eventually be used, so any information will be so very welcome. I will endeavour to reply to all mail. However we lead full and busy lives so please be patient. Best regards to all.

**John Cantwell
133 Guymer St
NTH ROCKHAMPTON 4701.**

As it happens, you're in luck, John – this issue has an article on tanning hides. Readers may have some further hints to offer, too.

Dear GR Readers,

I would like to make a comment on Bill Bottomley's letter regarding the circulation of posters about environmental issues (GR 72, p. 6). I think it's a great idea fundamentally and I too blamed the multinationals and big companies for being the largest contributors to the green-house effect. But it was brought home to me recently who the 'environmental delinquents' really are. They are you and me. No-one or nothing else can be blamed, because these big companies who use the fossil fuels that pollute the ozone layer are only giving us what we as consumers are demanding. We demand the fuel for our cars, we demand all the plastic products, the aluminium for cans, doors, windows, kitchen foil etc. It is our greediness in the way of life that we choose to live that is causing the greenhouse effect. To stop or reverse this effect, we have to change our lifestyles, something which will be difficult I'm sure but must be done. Organise car pools for work, read a book instead of watching TV, turn all unnecessary lights off, wash clothes in cold water, shower with a friend. In other words, USE LESS ENERGY. If we demand less energy, the big companies will produce less energy and consequently less toxic chemicals will go into the atmosphere. They are basically only providing a service which you and I demand. Think about it! This letter was not intended to snub you Bill, only to hopefully get across my message to all *Grass Roots* readers.

**Di Phipps
PO Box 71
NANNUP 6275.**

Dear GR Readers,

Is there anybody who has any knowledge of or experience in the design or building of A-FRAME HOUSES? I have tried major kit-home builders with no success.

**Barry Beames
RMB 7 Canning Close
WAMBOIN 2620.**

Dear People,

After years of talking, thinking and planning for a move out of the city back in the 1970s, we had finally put it all out of mind for one reason or another through the 1980s, until Christmas time when we suddenly found ourselves moving into this lovely area. This is an Environmental Living Zone, as I understand it the only such zone in Victoria, where conservation of the natural flora and fauna is actively carried out. No domestic dogs or cats are allowed thus saving the many native animals and birds from destruction; and the clearing of bush is also not allowed. I have been pleased to be able to join the active Bend of Islands Conservation Association and look forward to the field days during the year.

We were thrilled to see a koala by our dam in the first few days we were here, and to see kangaroos in the bush and in the more open hills across the road. I know that there are wombats, as I look at their burrows every time I walk to the dam but have yet not seen a single one. An echidna made a frightful noise right outside our front door, burrowing his way into an old railway sleeper retaining wall. I try to identify the birds that are in such abundance and so many species, but despite the clear illustrations in Ken Simpson's *Australian Birds* book I am still to be found frantically leafing through without being able to find a match.

The reason we moved was to do with our health – suddenly we both found ourselves ill. I became ill over a three year period, immediately after moving into a new air-conditioned sealed building, although no doctor seemed to be able to discover what was wrong until I was very ill. It would seem from research done on my behalf that I originally came down with 'sick building syndrome', another illness that is generally treated with disbelief by most members of the medical profession. Later as a result of the immune system being run down by this I was diagnosed as having scleroderma (a rare disease of the connective tissue related to lupus). This disease has no cure and tends to be progressive. I became sicker and sicker without the medical profession appearing to be able to help at all, until I took my problem to a naturopath recommended by a friend. The treatment I received – a special diet designed for people like myself with PROBLEMS WITH THE IMMUNE SYSTEM, vitamin and mineral therapy, relaxation and stress management – put me on the slow path back to health. Rather than progressing at least one of the symptoms (ulceration of the oesophagus) has improved.

I did of course need to make this move out of the city as each day of high pollution I could not leave the house and often had to stay in bed all day. It is quite a change to walk and run over the 12 acres of steep bushland breathing in the clean air and feeling it doing so much good. Although my diet is restrictive I am happy to continue it as it has made such a great deal of difference to me. Any other sufferers from similar illness might like to write for further information. Julie Archibald (GR 70), if your friend with ME is still looking for help the treatment I have been having would be very suitable.

**Wendy Bradley
Lot 6 Skyline Rd
KANGAROO GROUND 3097.**

Dear GR Readers,

I am a mother of two small children and have just started reading *Grass Roots*. I would dearly love any information on GARDENING IN A SMALL SUBURBAN BLOCK. During the last few months, there have been quite a few documentaries on the environment and recycling. I would like to change the way we live, e.g. buying household cleaners, insecticides and medicines from the supermarket. I am sure there are natural remedies available, but I don't know where to start. Do any readers have any suggestions on re-educating myself with a more natural lifestyle in suburbia? I am not in a position to move away at present.

**S Edwards
C/- PO
RIVERVIEW 4303.**

There is an excellent organic society in Brisbane which meets monthly, holds workshops and field days and offers library and bookshop facilities to its members. Brisbane Organic Growers can be contacted at PO Box 236, Lutwyche 4030 and welcome new members, regardless of their experience.

Feedback Link-Up Feedback

Dear Friends,

Having experimented with MAKING TOFU AND SOY MILK for quite some time, have now come to agree with a previous writer in *Grass Roots* No. 40, that soy finest flour is the best way.

Simply mix two and half cups of flour with enough water to make a creamy mix, using boiled water. Bring to boil slowly, using a disc to stop the milk from boiling over, and simmer for one hour, just stirring occasionally. Place a colander over a large bowl, and fold one metre of butter muslin or nearest, into the colander and squeeze milk out. Rinse any remaining residue (ocra) with about 300 ml (1/2 pt) of hot water. Discard residue.

To make into tofu bring the soy milk to 70°C (158°F) or higher. Add one tablespoon of coagulant (nigari or natural magnesium salts) which I obtained from Russell's Health Food Co Pty Ltd or you can order through a health food shop. Mix in one cup of hot water to the mix while it is still swirling after stirring. Place on the lid and leave 5-10 minutes, then take a look. If it is not all coagulated, give a slight stir and if this does not complete the process add another teaspoon of coagulant in water. When the whey is clear, pour through your rinsed butter muslin, this time discard the whey and keep the curd. Fold the outer muslin over the curd, top with a small dish and weigh down with a heavy object. The whey makes a good detergent, provided it is clear of particles of soy meal, or can be used for cooking.

For the soy milk I have found that after squeezing through the muslin, if about two cups of the soy milk is placed in a blender together with about half a cup of glucose powder, a pinch of salt, and a little maize oil, and blended for five minutes then placed in hot milk and boiled for another five minutes it makes the milk more acceptable. Try and purchase the *Book of Tofu* or any other book on soybeans for further information. Tempeh can be made using tempeh purchased from the health food shop as a starter. Chop finely to fill a quarter of a cup and make into a paste with two tablespoons of vinegar.

**Longtime Reader
14 McClelland St
CHESTER HILL 2162.**

Dear GR Folks,

My wife and I have just bought 40 acres that has a river as part of the boundary, so we have plenty of water. The electricity and phone are available, the electricity for \$400 and the phone for \$75 so as you see we are very lucky in that respect. At the moment we live in a 40 x 20 ft shed which we have made quite cosy with shower and septic toilet. Eventually we hope to build a mud brick home. We have just got some chooks and have started our vegetable garden.

I get an invalid pension because of a bad heart which makes it hard to do a lot of work. Please don't mistake it I do a lot of work and I am not lazy, but we could DO WITH A HAND, so we were wondering if there is a pensioner couple or single mum or dad with their own caravan who would like the opportunity to save money and perhaps find a better life than they have now. We cannot pay a wage but we can help out with eggs, milk and vegetables. We have an eight year old son who has adjusted quite well to coming from the city life. The couple or single mum or dad we are looking for would have to be in their 30-40 year age group and be animal lovers. We sincerely hope you can help us with this problem. My wife has only a small build and I don't expect her to do all the hard work by herself.

**Barry & Gail Weston
MS 612
Via KINGAROY 4610.**

Hi There Megg,

I have been a reader of *Grass Roots* for quite some time now and have also done my little bit by answering queries from time to time, but now I need help, so have a request of *Grass Roots*, that is could you do an article on DONKEY HOT WATER SYSTEMS? I remember as a kid a 44 gallon drum on its side, held up from the ground by four large bricks, fire underneath, then I recall a water pipe extending to the heavens, held upright by 3 or 4 guy wires. Now another water pipe branched off at 90° from the upright pipe, and led to the bathroom and laundry. What I don't know is, lengths of upright pipe, branch point

and did it have a safety valve, or was the upright pipe such, and how far into the 44 gallon drum did the upright pipe go? Seems to get a bit complicated, hey! But I do know it was simple, cheap to run and feel it would be of benefit to other readers as well, so if anyone has some information to share on this subject it would be greatly appreciated by me and many others. Keep up the great work, regards for now.

**Bill Rose
C/- 1 Ruth Street
CABOOLTURE 4510.**

Dear Megg,

I am after any information on our old WELLSTOOD S/C STOVE series D/L. We may need parts – any ideas where we may purchase any? Also where could I buy the whiting to make putty with linseed oil?

**Sandy Middleton-Walker
'Lynwood'
ULAMAMBRI 2357.**

Dear GR Readers,

This is my first letter to *Grass Roots* after 5 years of reading this very informative magazine. My family and I moved to this area in September of last year and really love it. We have a house on 3 1/2 acres in which we are just starting to get set up. My husband and I are just about to start a vegie garden, at the moment we are getting the soil ready. We plan to go 'organic' but are not sure of what really is involved. If there are any readers with information on ORGANIC GARDENING I would love to hear from anyone. Later I would like to obtain some QUARTZ CRYSTALS with which to do healing, any reader with information about crystals and where to obtain them, I would love to hear from you also.

Thanks for such a friendly and informative magazine, hoping to hear from all of you GR people. Love and health to all.

**Sandra Dale
RMB 5606
Barongarook
COLAC 3249.**

Dear People,

After returning from a GREENHOUSE EFFECT conference held here in Bridgetown I feel the urge to remind all fellow souls that our planet desperately needs our collective and individual thinking and doing to save it and us from destruction.

Firstly, on the spiritual level, let us all pour love out from our hearts to everything that surrounds us; even if we do this for a few seconds a day it will help. Secondly, on the practical level, let us start by avoiding anything plastic. Take a shopping basket when you go shopping; avoid buying products wrapped in plastics; and let us start lobbying for glass milk bottles again. Motor cars are a major source of CO2 pollution, so try to use yours sparingly, try pedalling or walking more, and sharing lifts to town for those weekly/monthly shopping trips. Try to save a dollar or two every week to buy a tree, or those who are green fingered, start growing trees from seed and share them out amongst us all, so we can replenish the earth. As a supporting mum, I manage to set aside a little something from my pension every week. It may seem like a drop in the ocean, but remember the ocean is made up of little drips. Join or form a local environmental group and offer your time to go out planting. We have been entrusted in this lifetime this earth, the least we can do is treat it with love and respect. Please let's not forget our responsibility. Let's start fixing up the mess, right now . . . Close your eyes and let the divine love in your hearts emerge and start spreading and healing throughout the world.

**Marguerite
275 Mount St
BRIDGETOWN 6255.**

Dear Megg, David and Staff,

Thought it was time I wrote to say thank you for your great magazine. I've been reading and enjoying it now for some years. Love the Feedback, also the other articles and letters. As one or more other ladies have said 'It helps to keep your dreams alive'. Any GR minded people who would LIKE TO CORRESPOND please do.

**Helen
44 Eastbourne Tce
MACLEAY ISLAND 4184.**

Feedback Link-Up Feedback

Dear GR Folk,

At last I have taken time out, from a furious round of bottling fruits and juices, to write again. The fruit season is almost over here in Shepparton, only Granny Smiths to go now. Later there will be olives – yummy (I hope!). I'm writing to let all GR folk who bottle their own produce know that Fowlers Vacola have issued warnings regarding the PRESERVATION OF VEGETABLES by this method. I had done a fair bit of bottling of vegetables, and had occasion to ring with a couple of queries, only to be strongly advised to discard what I had already put up, and not do any more! It seems that several years ago, CSIRO did an in-depth analysis of the method, and found that vegetables may no longer be preserved according to this, in the home kitchen. This is through no fault of Fowlers, but is because some strains of botulism (possibly imported from overseas) have become toxic, and have developed a resistance to high temperatures (factory canning involves much higher temperatures than we can achieve at home). So please, dear folk, if you have any queries, could you ring Fowlers on 008-888-356. This costs only the price of a local call, and possibly – without being too dramatic – might save your life! Vegetables can be bottled using at least 50 percent vinegar, tomatoes and pears need a little citric acid nowadays.

By the way, I followed Yvonne Swindell's recipe for SAUER-KRAUT (GR 71) which is cooking up nicely and filling the spare room with delicious odours – I rang Fowlers to ask if it could be preserved, and thank goodness it can, due to its high acidity. After much research, I discovered that the layer of mould which rose to cover the surface of the liquid during the fermentation process is a normal occurrence – thanks Horst Jelinek of Qld! Simply skim off the top, and bottle and sterilise the kraut itself – it is delicious with a tiny bit of salt, and a little vinegar added. This time I added beetroot, capsicum and onion to the formula, and ended up with a lovely purple colour. Next time I will just do greens and carrot for a change.

Could I make a plea for someone who has a book (or books), or knows where I might obtain such, which is a comprehensive guide to the grasses and weeds growing along the side of the roads in Victoria? Also anyone who has a favourite book of herbal remedies, could you share the title with me? I would be most appreciative.

Antoinette Shanahan and anyone interested in the subject of IMMUNISATION can obtain a most informative booklet entitled *Shot to Hell* from me, by sending \$1.50. This booklet was sent to me through the mail, and the printer (private person) has kindly offered to sell me as many as I need. With the looming probability of compulsory immunisation, parents and concerned relatives need to be aware of the dangers of this system. With much Christian love.

**Christine Husk
Channel Road
SHEPPARTON EAST 3631.**

Dear Megg,

There was an enquiry about learning to SPIN WITHOUT A WHEEL. The best way to explain is with a wooden spoon. Take a handful of fleece, twist a few strands together to form a string and tie onto handle of spoon. Rotate spoon held loosely in right hand, till enough twist is in thread then firm fingers and wind onto spoon. To ply take two balls and another spoon and rotate in opposite direction and wind on. There is another way with a disc and wooden skewer. I don't know much about this one but plenty of people do it. Hang it down and rotate with a foot; when enough twist, wind it on.

I would also like to share some gardening tips. While visiting friends in SA I saw OLD RAINWATER TANKS put to good use. Cut into 3 ft high sections and filled with sheep manure from under shearing shed with a bit of sand on top these make wonderful raised garden beds. Just run the hose into top. The only problem is a generous growth of nettles, but it is easy to deal with them and no bending down. One tank had tomatoes and pumpkin, another tank lettuce, beans, rhubarb. I have just pulled out the tomatoes and put in broad beans.

Thank you for a splendid mag.

**Kathleen Moss
RMB 658
ADELONG 2729.**

Dear Grass Roots,

My husband and I were given a subscription to *Grass Roots* magazine as a Christmas present and enjoy it a great deal.

We have only been married one year and at the moment are renting a unit near the foot of the Dandenong Mountains. Hopefully, at the end of the year, we will be able to buy one to five acres close to Kinglake or Flowerdale. We are also thinking of building a kit home on the land ourselves, preferably out of pine logs. We would be grateful for any information from readers on KIT HOMES and their experiences and on the land situation in Kinglake and Flowerdale.

**Anne Hopewell
1/248 Scoresby Rd
BORONIA 3155.**

Dear Megg,

My reply to John Kenez and C F van der Lelie concerns PLANTS NOT SETTING SEED. If the seeds were purchased from one of the two large commercial seed companies, they would have been infertile, bearing only infertile flowers (so that we will have to purchase more seeds). This applies to all of their seeds. Fortunately, there is a Seed Savers' Network with many members throughout Australia, whose object is to save seed free from genetic interference. The more people who save seeds, the greater the protection against the irresponsibility of others. The Seed Savers contact is Michel Fanton, Box 24, Nimbin 2480.

**Susan Johnston
9 Hodge St
CORINDA 4075.**

Dear GR Readers,

I am soon to be a mum for the second time (daughter 16 years) and this time I'll be doing it alone but very happy about having a child after trying for eleven years.

My problem is I am looking for somewhere to live after the baby arrives. At the moment I am staying with very kind old friends. But I miss the peace and quiet of the country life. When I start receiving a single parent's pension, I will be able to get a loan from the Housing Co-op. My idea is to buy 2-5 acres with an old house in the TAREE-WINGHAM area, or even a garage with power would be OK as I have been offered a caravan. I expect to have about \$6000 to \$8000 left after our property is sold in Grafton. I have lived without power for the last 5 years, but I would need electricity now I am alone with a new baby.

So if anyone has any ideas about where best to look for this I would love to hear from you, as bringing up a baby in a caravan park does not appeal to me, I think it should at least have a backyard to play in. Love to all and please feel welcome to write even if you have no ideas, but maybe are in the same situation.

**Judy Bourn
19 Hogan Street
HARRINGTON 2427.**

Dear Megg & All,

To Lucy S (GR 72), the only way to KEEP NAPPIES SOFT is to make sure they are thoroughly rinsed and pegged out in the sun. Any soap residue will make them hard. Most powders are biodegradable these days but Lux flakes are very mild. The sun will also bleach out stains on nappies and a mild breeze helps the softening.

The 'FIVE SPICE' PLANT is very handy. It can be used in just about everything in place of mixed herbs (e.g. scrambled eggs, omelettes, meat and veggie loaves, patties, soups, stews, stuffings and salads). The amount used is a matter of taste and quantity to be flavoured. It was trial and error for me but I now would never be without it. It is a very hardy plant and will grow in any climate (will grow from a leaf).

A hint for those using CHOKOS. Before preparing, cut and soak in water for 10-15 minutes and you will never have sticky residue on your hands. They are also a very versatile vegetable, easy to grow and unfortunately disregarded by many.

**Gwenda Wright
14/15 Greenslope St
NEWCASTLE 2300.**

We stand at a crossroads. In the past the pursuit of 'progress' in the industrialised West was founded on four dominant beliefs: that people dominate the earth, that they are masters of their destiny, that the world is vast and unlimited, and that history is a process of advancement, with every problem solvable. But we must now call into question those four basic beliefs. Instead the essential basis for sustainable development must be concern for the world's environment. We need individual participation at all levels in the care of the planet and, based on this deeper and wider perception of the basis of life and human activity, we need profound changes in economic and social attitudes. If the planet is to be saved, this is a battle we are all called on to fight.

THE GREENHOUSE EFFECT

WHAT 'I' CAN DO TO MINIMISE 'MY' CONTRIBUTION

by Roger French, Penrith, NSW.

For each and every one of us on Mother Earth, there are 1.5 million tonnes of air, so it shouldn't be easy to pollute the entire atmosphere. But mankind has finally done it! The 'Greenhouse Effect' refers to the warming of the planet as carbon dioxide and other gases build up in the atmosphere. They happen to have the effect of reducing radiation of heat into space, leading to a very gradual warming of the Earth's surface. This is the same principle that is used in a glasshouse or greenhouse. In addition, man-made chlorofluorocarbons (CFCs) contribute to this warming and also eat away the ozone layer which protects us from harmful excesses of ultraviolet radiation. Australia is responsible for only about 1-2 percent of the greenhouse gases, but every contribution is significant.

WHAT IS HAPPENING

Carbon Dioxide

The atmosphere now has 25 percent more carbon dioxide than it did 200 years ago, before the Industrial Revolution. Studies have estimated that the level will have doubled by the middle of next century and that the Earth's temperature will increase by 13-16°C. It is estimated that the amount of carbon dioxide entering the atmosphere each year is 6 billion tonnes, about 1/4 of which relates to transport. For most of us, our car is the major way we contribute to greenhouse gases. An average family car, travelling around 12,000 km (7500 miles) per year, produces 3 tonnes of carbon dioxide, whilst an average trip to the shops and back produces 2 kg (4½ lb).

Clearing trees for grazing and cultivation has already destroyed most of the world's forests. Because trees actually 'breathe in' carbon dioxide and 'breathe out' oxygen, this has enormous significance. It has been argued that if merely a fraction of the land devoted to grazing was restored to forests, within 50-75 years the greenhouse problem would go away. Unfortunately, a lot of clearing is done by burning which converts the trees into carbon dioxide. In the Amazon forests, raging fires are contributing roughly 10 percent of the total carbon dioxide overload.

Methane

Methane, nitrous oxides and CFCs are some of the lesser greenhouse gases. As the world's livestock produces around 130 million tonnes of methane a year, this may be another good reason to cut down meat consumption. The world's rice paddies and natural wetlands also produce vast amounts of methane from fermenting plant material.

Ozone and CFCs

It has been estimated that for every 1 percent loss of ozone,

there is a 2 percent rise in ultraviolet rays beaming to earth, and for Australians this could mean an extra 100 melanoma skin cancers and 5000 other kinds of skin cancer every year! Other damage would include cataracts and interference with the immune system.

CFCs are used in household products, in industry and in other ways as propellants in aerosol spray cans; as coolants in refrigerators and airconditioners; to blow plastic foam for packaging in food and drink containers; to insulate buildings; to sterilise medical equipment and even to clean computer chips. Car airconditioners produce excessive CFCs because the flexible hoses used in car systems tend to leak.

WHY ACTION IS NEEDED

The predicted consequences of the Greenhouse Effect will greatly affect life on Earth and in particular, human life. Briefly, as mean temperatures rise around the globe, climates that have been stable for thousands of years will change drastically. In some areas, farming land will turn to desert, whilst in others the rainfall will increase. Generally speaking, weather will become much more erratic. In Australia it is believed that cyclones will penetrate much further south than they have so far.

As oceans warm up in the next few decades, the water will expand causing a rise in sea level perhaps of the order of a metre. Far worse will be the melting of the polar ice-caps, which is expected to increase sea level by many metres, flooding vast areas of low-land and many major cities around the world. This will not happen in the near future, but it is a real possibility some time next century.

There is no hard proof that these consequences of the Greenhouse Effect will occur, but there is overwhelming circumstantial evidence. As one expert of the United Nations Environment Programme said, 'We simply cannot afford to wait for all the scientists to agree. Advocating patience is an invitation to be spectators at our own destruction.' We might ask ourselves – do we have the right to present our children and their children with a ruined environment which could provide a living hell?

GLOBAL SOLUTIONS

Needless to say, scientists have been busy dreaming up grandiose schemes. They envisage laser beams that blast apart harmful chemicals; satellites that beam pollution-free energy to Earth; micro-organisms that destroy pollutants; and airships that release ozone into the atmosphere. To cope with rising sea levels, they are thinking about building dykes to hold the sea back from low-lying areas, the relocating of airports and roads,

and the protection of drinking water systems from salt water. Others see large scale nuclear power generation as the solution. Nuclear power does not produce carbon dioxide, but with experiences like Chernobyl and the fact that there is as yet no way of getting rid of nuclear wastes, it may well be that nuclear power will cause us more harm than the consequences of the Greenhouse Effect.

Such impressive schemes are not the answer, or certainly no more than part of it. The answer involves drastically cutting the causes of pollution at their source and requires the participation of every individual – a complete change in lifestyle for all of us. These steps will involve cutting the use of coal and oil, improved energy efficiency, increased use of solar, hydroelectric and wind energy, and an end to the manufacture of CFCs. Above all, we need to find alternative sources of power to coal and oil. We need to stop bringing carbon from underground and putting it into the atmosphere as carbon dioxide. We will need to halt the destruction of forests and start planting a lot of trees.

Could Trees Save the Earth?

Since trees absorb carbon dioxide and lock up the carbon in their wood, increasing the number of trees around the world has the potential to partly offset the problem. However, to tie up the 5 billion tonnes of carbon dioxide which is released each year by the burning of coal and oil would require the planting of an area of trees perhaps equal to the size of Australia. By any standards, that is a lot of trees! It has further been estimated that to simply stabilise the Greenhouse Effect so that it doesn't get any worse would require the planting of an area equivalent to just over half the size of Australia. Unfortunately, as one expert said, using forests to remove carbon dioxide from the atmosphere is only a temporary solution because sooner or later, when the trees die and rot away, the carbon dioxide is released back into the atmosphere. So trees will help, but the real solution still comes back to the efforts of the individual.

WHAT EACH OF US CAN DO

Save Fuel

A motor car carrying one person is shockingly inefficient because enough fuel to move 1 tonne of car is being squandered just to move 70 kg (154 lb) of human being. Cut down on your use of petrol, diesel or LPG gas:

- Leave the car at home or get rid of it altogether and use public transport; or ride a push-bike to the shops or to work.
- If buying a new car, go for a lightweight car with low fuel consumption.
- Avoid using the car air-conditioner because it causes the engine to burn more petrol. On a hot day open the car windows and allow the breeze to cool you, and for cold weather have a heater fitted which runs off the engine cooling water and is pollution free.
- Always have as many people in as few cars as possible. Give a lift to a friend or be ready to accept a lift from a friend if you are going the same way.

Save Electricity

Minimise your use of lights and electrical appliances and anything else that uses electric power. Also minimise your purchases of consumer goods as their manufacture will have consumed a considerable amount of power. Repair faulty items if possible rather than throw them away.

- Switch off lights that are not essential. An average household light burning for ten hours uses one kilowatt-hour of electricity, which produces 2 kg (4½ lb) of carbon dioxide back at the power station.

- Use heaters only when necessary as they are high power consumers, a typical bar radiator using 1 kW/hour of electricity every hour.

- Wear more clothes or if practical have physical activity to get warm instead of using a heater.

- Save hot water by not wasting it and by having short showers or else cold showers (in summer, we mean).

- Open the refrigerator door as little as necessary and shut it again as quickly as possible, as opening the door is the main cause of keeping the motor running.

- Instead of shutting the windows and pumping air into the house with a power-hungry air-conditioner in hot weather, open the windows wide and let the natural breeze cool you. In extremely hot weather, use window shades (if you can afford to have them fitted) and close most of the windows and draw the curtains to keep the heat out.

- If building your home, incorporate passive solar design for heating. The insulation will also be effective for keeping the house cool in hot weather.

- Cut back on purchasing consumer goods and processed foods as much as possible.

- Seek the products of and support manufacturers who use energy efficient methods.

- Recycle as much as you can. Take advantage of community recycling programmes, especially for paper and glass for which services are generally readily available. Recycling saves power in manufacturing and avoids the burning of waste paper. In Sydney more than 80 percent of councils have recycling programmes, but only one household in four uses this service. No doubt it is similar in other cities around Australia.

- Support decentralisation as this reduces the distance travelled to work.

Avoid Products Containing CFCs

- Boycott aerosol spray cans and instead seek those which have a built-in air pump at the top of the container.

- Don't buy take-home foods in foam plastic containers. You might form a habit of taking your own washable container to be filled with take-away food.

- Make a subtle protest by courteously explaining to the manager that you will not buy food in foam containers.

- Avoid products in supermarkets and fruit and vegetable shops which are packaged in foamed polystyrene.

- Don't send an old fridge to the dump. Ask the manufacturer to take the cooling unit and save the CFCs.

Plant Trees

- In your backyard plant trees and a vegetable patch.

- Support tree-planting on a community basis and participate if you have the opportunity.

- Support any Government or other initiatives to plant trees on discarded grazing lands, or any other available areas.

Further Action

- Help prevent needless burning. Do anything in your power – within legal limits – to prevent bushfires. Avoid burning leaves, grass, twigs, etc., as these can always be composted.

Write to the Government of Brazil and express your concern about the burning of the Amazon forests.

- Cut down your consumption of animal products so as to contribute to a reduction in livestock numbers.
- Be more self-sufficient as this reduces your dependency on processed foods and manufactured goods to some degree, as well as avoiding fuel consumption for the transport of such products.

Sooner or later, most of us will probably wonder if cutting down on pollution is worth the trouble when the contribution that an individual can make to the total problem is infinitesimally small. If this is to be the attitude, then we shall surely suffer for it in the long run.

More than ever we need all the thinking people on Mother Earth to do all we possibly can, not only to make our individual contribution, but more importantly to set the example and spread the consciousness of fighting pollution so that others will eventually follow us.

Reprinted from *Natural Health*, Vol 2, No. 5, August/Sept 1989. The Natural Health Society of Australia is a non-profit health educational organisation which was established in 1960. Its purpose is to promote better health for Australian people on the basis that prevention is far better than cure. Having helped tens of thousands of people, the Society is able to give unbiased information about lifestyle for the attainment of health and wellbeing, leading to greater enjoyment of life. Their health guidelines are explained in the Natural Health Society's bi-monthly magazine *Natural Health*, which is obtained by subscription to the Society. Branches in 20 locations around Australia hold regular meetings and provide focal points for natural health in their areas. Subscribers have access to a bookshop mailing service and the benefit of discounts at selected health food stores as well as at the closely affiliated Hopewood Health Centre at Wallacia, NSW. The Society runs regular health conferences and food preparation and nutrition courses. For more information write to Suite 21, 541 High St, Penrith 2750. Ph: 047-215-068.

The quote at the beginning of this article was taken from *Battle for the Planet* by Andre Singer, a book which brings together stories from all over the world to show how people's lives are affected by problems such as pollution, destruction of forests and fertile soil, and urban overcrowding. Published by Pan Books, RRP \$27.95.



MULLOON MIXUP

We do our best in often difficult situations, but the results are not always satisfactory to all parties as Oliver Haydock-Wilson has pointed out. Having waited until the last moment to receive the photos to accompany his article 'Angora Goats and Mohair' (GR 73, p. 21), we then had to make do with what was available. The photo we used was one from our files, and obviously taken some years ago, since it shows Angoras at a stage of development reached in Australia more than a decade ago. As Oliver says, prime examples of this breed now have much more complete body cover and denser more lustrous fleeces. Oliver is concerned that readers will associate the photographed animals with his stud and thus gain an inaccurate impression of the quality of his stock. We therefore wish to make it clear that the Angora goats shown in GR 73 p. 21 do not belong to Mulloon Angora Stud and we apologise for any misunderstanding caused by our use of this photograph.



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As youngsters most of us were led to believe that when we grew up we would find a solid job and perfect partner, build a home, and live happily ever after. Some of us have, but equally many more have found themselves victims of such unrealistic expectations. The twists and turns in life are never predictable, and having to start all over again can be both exhilarating and frightening, but for those who can put their disappointments behind them the future holds rewards aplenty. Below two readers share the different experiences that led to major changes in their lives, and describe how they went about constructing richer and more satisfying lifestyles.

STARTING ALL OVER AGAIN

by Anne Mayne, Newport, NSW.

Things were looking pretty grim for me ten years ago. I had lived abroad for twelve years and finally my marriage became so intolerable I was forced to literally flee. I borrowed the fare back to Australia from my father, and when I arrived in Sydney I had \$2. At the age of 31 I had to start my life all over again with just some clothes and a few personal possessions I was able to throw in the back of a friend's van when I left.

I quickly found a job, soon paid back my father and started to save in earnest. I decided the rest of my life would not be wasted and I was going to do all the things I had always promised myself. I wanted a happy marriage, children, a place in the country and a horse (a childhood ambition).

First came my second husband – found, of all places, at the local bus-stop! Naturally I was pretty man-shy at the time, and it took a lot of persuasion (about three months if I recall) before I even went out with him. Since then we have been inseparable and Phillip is my friend, my work mate, lover and husband. It is wonderful to have someone to share your dreams with.

The purchase of a handsome chestnut horse, a real gentleman in every sense of the word, prompted the search for a place in the country as a matter of urgency. We spent some pleasant weekends and holidays in Mudgee, NSW as my brother is a teacher there. We enjoyed the countryside as it is very scenic and the town is set in a beautiful valley with surrounding hills. There is also the added attraction of the local vineyards, not to mention the old gold mining towns of Hill End, Sofala and Gulgong. We pored over the local paper, haunted the real estate agents' offices, and drove hundreds of kilometres around the countryside, until there wasn't a back road or dirt track we didn't know intimately. Not being armed with a great deal of money, and also requiring not only the land, but a house, sheds, dam, and the works, it seemed our dream would never be realised. Some of the places we looked at sounded terrific –until we saw them! Some were so bad we just slowed down, stared incredulously and kept on driving! One in particular I recall sounded very promising – an A-frame, complete with 40 acres, dam and outbuildings for \$15,000. Sounded too good to be true, and of course it was. The A-frame was so small you would have to be a dwarf to fit into it and believe it or not, it actually had an upstairs which I can only assume you would crawl into! The out-buildings were 'way out' – filled with blackberries growing through the floorboards, out the walls, and through holes in the roofs.

We finally reached the stage, after months of fruitless searching, of more or less giving up on the idea. However, on a holiday weekend with friends six years ago, we happened to come across an advertisement purely by chance from one of the real estate agents at a trade fair. It sounded great, so we obtained directions and took a drive to see it that same afternoon.

I was delighted to find the property was located in an area

we had particularly liked on our many drives around the countryside. When we stopped at the gate I was dismayed. The prices in the leaflet must be wrong at \$16,000! There was a long driveway up to the house, which was dark green with white trims. There were stables and yards, a number of outbuildings and a large dam. There were also big shade trees in the paddocks in the front and a heavily timbered slope behind the house, which is set on a little rise. I was reluctant to go in, as I was convinced the price was really \$26,000, but we went to look anyway. The property had just been listed and we were the first to come and inspect it.

The house was reasonably roomy, consisting of four large square rooms. It was unfinished inside, being unlined and pretty primitive, but I could see the potential of it and visualised how it could be 'tarted up'. There was a front and back porch and a concrete slab for another room off to one side. The owners had planted fruit trees, rose bushes and lots of bulbs in attractive garden beds. They took us for a long walk around the boundaries and we were impressed with what we saw as it seemed to have a bit of everything – some cleared paddocks in the front, some bush rock areas, plenty of timber, the dam and also some permanent water holes. The timbered slope behind the house flattened out into a large plateau area at the rear, backing onto a huge water conservation area for the new Windemere Dam. Kangaroos were so tame they came right down to the house (which became a problem during the drought we experienced a few years later as they ate the garden down to the ground –but that's another story!).

Phillip was reluctant about purchasing the property as he was not too convinced about the attributes of the house, which admittedly needed a *lot* of work. I argued the good points of the place all the way to town, and finally won him over as I was positive about its potential and it certainly seemed to be a bargain. We then went through the agonising months until it was actually ours. In the meantime, I fell pregnant with our son, Christopher, now six.

Since then we have spent a lot of our free time, mostly weekends and holidays, at the property, which we named 'Braemarnie'. We have worked extremely hard but I feel we have achieved a great deal in that time. Our biggest job was lining the inside of the house and strengthening it. We had a great number of friendly arguments as to how everything should be done. I seemed to have permanent bruises, and we went through boxes of Band-Aids. We found nothing was square in the whole house, but managed to put up all the gyprock, and then the painting and wall-papering began. We subsequently added a bathroom and a lovely sunroom to the house, and hope to enclose our back verandah shortly. The house is a very attractive, 'countrified' home with a beamed ceiling in the living room and the kitchen, potbelly stove with sandstock hearth,

wood burning stove in the kitchen, chip heater in the bathroom, and we don't miss not having electricity. We manage quite adequately with battery operated small appliances, a gas fridge, gas stove for the summer months, gas lamps and additional kerosene lamps.

Until we finally had the luxury of a flushing 'loo' and a septic tank, we had a dunny in a small shed behind the house. With chemicals it was quite inoffensive, but the worst part was burying the bucket, a chore Phillip hated. As a family of four had lived on the property previously, he was most concerned as to what they had done – he fully expected to sink into a quagmire somewhere!

We came by our furniture in all kinds of ways – some castoffs from friends and family, some found at the tip and renovated, and we only bought a couple of items at garage sales (see GR 71, p. 38 for the full story). It is a delightful mish-mash and somehow everything blends together. I have big baskets filled with pinecones, and jugs with dried flower arrangements (my 'weeds' as Phillip calls them). We are both avid collectors of everything imaginable – shells, bottles, insulators off telegraph poles, magazines, etc.

Our garden has flourished and we have planted lots of deciduous trees, including Japanese and Canadian maples, liquidambers, pussy willow, poplars, silver birch, willows, claret ash and varieties of pine, and it is very colourful in the autumn. We have also planted hundreds of bulbs, such as daffodils, jonquils, iris and hyacinth, and it is especially beautiful in the spring.

There have been times we have experienced frustration. I went through a period where I was convinced I had to pull out every weed, and pick up every stick on the place. It simply isn't possible. I alternated between despair that we would ever be

able to achieve all we hoped for, and total exhilaration at the quiet, the birds, the foggy mornings, and the sun sinking into the west behind a little knoll that shelters our house. To sit on our front porch in the evening when the work is done, plate of cheese and bikkies on my lap and a glass of wine in hand, looking down towards the dam over our newly ploughed paddocks, is a serenity I never hoped to achieve. It is then I realise all our hard work has been worthwhile, especially when I know our small son has acres to play in, 'helps' catch yabbies in the dam, exclaims with excitement every time he spots a kangaroo and has a true appreciation of the birds and wildflowers of the Australian bush which surrounds him.

Due to family commitments in Sydney, we may not have the opportunity to live at our Mudgee property for quite some years, but we are pleased to see others move to the area to settle permanently. We have made some good friends in the country and hope one day we will be able to enjoy country living full time. Now I am no longer working, I have time to savour things more. To stand in the middle of our thirty acres and know it is all ours is a sensation I recommend for everyone. Our builder friend caught me one day with my arms wrapped around a huge old gum tree, my eyes closed, my cheek pressed firmly against its smooth trunk. He has never let me live it down that I was caught making love to a tree! (Anyone who has ever made love to a tree will know exactly how I felt.)

So to all you fellow grassrooters who might despair of ever having a place to call your own – it can be done. It may take time, and of course a little money, and perhaps vision most of all of how it is all going to be. Phillip couldn't share my vision of what 'Braemarnie' could be like when I first laid eyes on it, but now he shares my dream, which has become a reality.

HOLD ON TO YOUR DREAM

by Stef Rogerson, River Heads, Qld.

It's a very wet Sunday afternoon and it's my turn to be on roster in a little shop seven of us have co-operatively opened – pottery, weaving mostly but some other associated craft. After having read this mag since it first became available I'm delighted to see an ever increasing number of folk wanting to improve the quality of life for their families.

In the 17 years that my husband and I have been together we've always shared a dream of having a 'farm', as do many, many others. We worked on a farm when we were first married and used all the commercial sprays, fertilisers and other chemical products. It wasn't until my husband kept getting sick or sleeping after spraying that I fully realised how dreadful these things really are. We went into business, went broke, bought a caravan and moved all over Queensland with Ian selling insurance then spent 12 months being in Sydney in the van with 2 wee children.

When we had the opportunity to return to Queensland we jumped at it, and being in the van we could choose where we went. So for better or worse we chose to live at Hervey Bay. It was quiet, undeveloped, by the sea, and not too far from family in Toowoomba. After about 18 months we bought our lovely little block of land – 24 perches opposite a beautiful parkland, great for the kids. We built and did our garden,

planning on being there for 12 months then moving on. We were there for 5½ years. Our garden became a jungle, a delight to ourselves and visitors. It was a lovely cool shady escape from the world in general, except on weekends when the lovely parkland became a great place for drunken fights and the local flea market.

After some time of putting up with this I just had to get away from it. It's not a good way to spend Friday nights, terrified of the drunken brawls. Our haven couldn't keep them out. So I looked and looked for land. Because so many others, especially developers, had also discovered the peace and quietness of this area land had become hard to get and rather expensive. And because of sandflies I had to be careful where we bought. The children and I spent many many weekends driving and looking. I really thought we'd have to move away to find something we could afford, till one day my husband saw a classified ad in the local paper for a house for removal. He went to have a look and was so excited when he came back. He said 'This is *our house!* Go see if you can buy a block of land – I want this house!' I very nearly hit him. Didn't he realise how much I'd looked? Next day in the paper was a block advertised privately. Right price, so we went for a look. It was everything that I'd been looking for except that it had no trees.

But to all of you who are trying: keep dreaming and working towards that dream. We've done without lots over the years

NUTRITIONAL SUPPLEMENTS:

WHEN ARE THEY NECESSARY?

by Blackmores Communications Service

We are what we eat. So is there a case for topping up our food intake with extra supplements, or are they unnecessary and wasteful? A glance at current medical literature should at least make us look carefully at our next meal to see if it is satisfying our needs.

Some recent reports highlight the need for an increased intake of vitamins and minerals in certain circumstances:

- A case-control study in Western Australia claims that maternal dietary supplementation with folate or multivitamin preparations reduces the risk of birth deformities (*Medical Journal of Australia* 1989;150).

- In the *Australian Dr*, 2 June 1989, it was claimed that 1/3 of human cancers are caused by the foods we eat and the way we prepare them (from the work of a Western Australian biochemist, Dr Wolfe Segal).

- A report that the national diet could be seriously lacking in the vital cancer-fighting vitamin E appeared in the *Medical Journal of Australia* 1989; 150, May 1989. Dr Graeme McIntosh, of the CSIRO's division of human nutrition, warned that the way food is processed, cooked and stored could be destroying this vitamin.

- In recent Australian research at Monash University and also at St Vincents Hospital, Melbourne, it has been found that vitamin C helps slow down the ageing process by its specific action within the body's cells.

In fact since the 1960s evidence has been accumulating for a link between diet and many of the major causes of death and disease in Australia. These include heart disease, stroke, some cancers, diabetes, gallbladder and liver diseases. This prompted a large-scale Australian survey conducted in 1983 by the Department of Community Services and Health in collaboration with the National Heart Foundation. Its objective was to assess the relationship between diet and disease risk factors in a national sample.

The survey exposed widespread deficiencies in our diets. It demonstrated that many Australians consume less than 70 percent of the recommended daily intake (RDI) of vitamin A. Vitamin A is needed for good eyesight, soft clear skin, growth and repair, strong bones and teeth and for the immune system. 50 percent of women were found to consume less than 70 percent of the RDI of iron, calcium and zinc. Iron plays an obvious role in anaemia, while we need calcium for strong bones and teeth and for our muscles and nerves. Zinc is essential for growth, healing, reproductive organs and the immune system. In general, the trend was for adults to have an intake of less than 70 percent of RDI with increasing age.

Causes of dietary deficiency include:

- medication such as laxatives, antibiotics, diuretics and oral contraceptives which can interfere with absorption of nutrients;
- smoking and alcohol consumption which both increase the need for vitamin B and C;
- other lifestyle factors such as strenuous athletic training, an improperly balanced vegetarian diet, pregnancy, special diets;

- economics – for those on low incomes, including elderly people, who cannot afford a varied diet of fresh foods;

- chronic illness, disease and recuperation;

- poor digestion and absorption;

- growing food in soils depleted of minerals;

- prolonged or severe stress, which places extra demands on the system.

These deficiencies may show up first in minor ways – persistent tiredness, shortness of temper, memory lapses – or with physical signs such as dry skin, brittle nails and broken capillaries. These are things we often take little notice of – but perhaps we should. They may be telling us that we lacking in some nutrients, and failure to correct this may expose us to more serious problems. Optimal health means firing on all cells. It means having the vitality to enjoy what the day brings – and the reserves when we need them!

Taking a multivitamin and mineral supplement is a safe way of optimising our dietary sources of nutrients, to ensure our nutritional needs are being met. However, many vitamins are water-soluble meaning that a single dose is often largely wasted. To overcome this problem, when selecting a supplement choose a sustained-release one where some of the nutrients are released immediately and the remainder are absorbed slowly over an extended period, providing prolonged benefit and no waste.

Information courtesy of Blackmores Communications Service, 23 Roseberry St, Balgowlah 2083. Blackmores produce a wide range of vitamin and mineral products based on natural herbal ingredients. These are available in health food stores and pharmacies.

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OP ART

by Jenny Martin, Launceston, Tas.

I wore my long sleeved dress in a dark print with soft pink roses over it and the guipure lace collar to church and was complimented three times in the one morning. So what? you might think, but the dress which was the subject of the warm comments cost me 20c in the local opportunity shop. It is possible to dress well by shopping at op shops but op art takes time, patience and practice to develop.

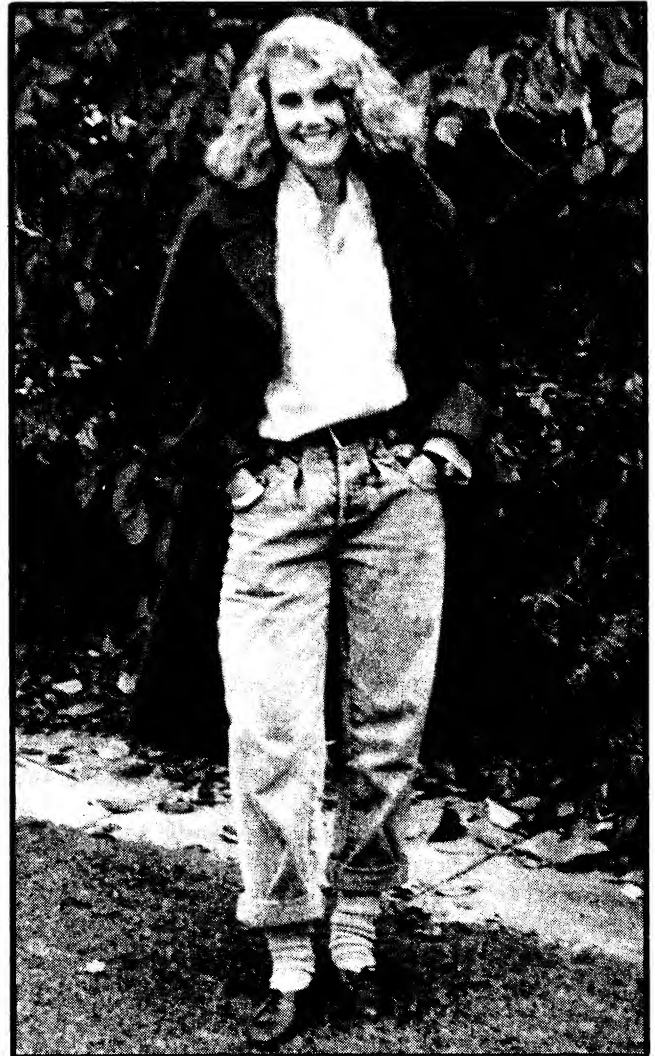
There is a definite advantage if you and your family members are standard sizes. For women, those who wear sizes 8 to 12 clothes will probably find plenty of choice, including garments which are quite fashionable. Young working women seem to turn over their wardrobes frequently to make way for the latest fashion, and the op shops are the beneficiaries.

Check the various op shops in your vicinity. Feel free to browse and buy nothing as you become familiar with the individual style of each shop. Check pricing policies. Are garments individually priced? Is there a standard price list – all skirts \$3, all shirts \$2? Beware of those shops which price garments only after looking you up and down and assessing what they think you will be willing to pay! Frequent those stores where staff are friendly, warm and generous. Unfortunately some op shop staff leave customers feeling embarrassed or of little worth. Others obviously enjoy the service they provide and the people they meet, and may throw in those magazines at no extra cost, or round the total cost of your bundle of clothing down to the nearest 50c.

Watch for 'specials' – even op shops need to clear stock from time to time and may have '\$2 and under' sales or bargain bins. One shop in our city has a 20c room in a loft which is only open for four hours on Friday. It is well worth while taking time to rummage on the two vast tables and in the cartons under the tables on 20c days. I have found such treasures as a pure silk shirt, a cream linen-look skirt which I wore for 'best' last summer, as well as my admired rose printed dress.

Why do people send clothes to the opportunity shops? There are many reasons, but it is helpful to ask yourself this question as you examine articles to determine their future usefulness. Some simply tire of a garment. Real bargains are often found in this category. The garment is probably still fashionable and in good condition. I found a jumper for my teenage daughter, with a fair isle pattern of hearts and scotty dogs across the yoke, when shops were full of new season's knitwear in the latest fair isle designs. The red, black and white jumper looked superb with her black corduroy skirt – and for the cost of \$3. Some clothes are discarded because they are extremes of fashion – flared trousers, platform soled shoes or large, pointed shirt collars. Steer clear of these articles except for dressing up clothes for children, or 'come in bad taste' socials!

Other garments are discarded because they are stained or damaged. Examine all garments carefully. A small stain may not stop you buying a thick woollen jumper if you only want something warm to wear on the tractor. If the garment is very cheap you can take the risk and try stain removal procedures at home, although you can probably assume that the original owner has already done this. I bought a fine blue cotton blouse



My student daughter in some of her op-art treasures – a warm cherry red wool coat, striped men's shirt with collar removed and brogues. with delicate white embroidery around the yoke and sleeves but with an all too obvious stain on the front. I intended to cut up the blouse and use the embroidered sections for making gifts like handkerchief sachets and lavender bags. I washed the blouse first, rubbing the stain well with Preen soap and then left it to soak overnight in a bucket of water with Preen powder dissolved in it. Next day I washed it normally and the stain disappeared – so it is worthwhile trying to remove marks before cutting up a garment. Consider buying a garment with a stain if the garment is otherwise in good condition and you could cover the mark (with a pocket, or applique, or lace trimming), or if you could use the good parts of the garment to make something else. A full skirt may have plenty of material to make a straight skirt or a child's garment. A handknitted adult jumper can be unpicked, the stained section discarded and the remainder of the wool used to knit a child's jumper, house slippers, teacosy, a sleeveless vest or even to crochet squares for a rug.

Mending is becoming a lost art and many a garment is discarded simply because the owner cannot or does not want to repair it. I have found some good buys in this category. A warm cream wool blazer was thrown into the 20c box because a section of the back lining was missing. I cut a piece from the sleeve lining to fit the missing section and replaced the sleeve lining (unseen) with similar weight fabric of a slightly different shade. Part of the stitched on ribbing at the neck of a soft woollen jumper had come unstitched and the garment had begun to ladder slightly. Another shopper discarded the garment saying that she would not be able to mend it without the mend being obvious. I took it and with a little care was able to restore the jumper so that no mend was visible. It is worth learning the skills of mending so that you can replace a broken zipper, turn a worn collar, invisibly hem a skirt or darn a jumper. Be creative in your approach as you look at a damaged garment. Can you mend it and cover the mend with a pocket or applique? Can the fabric be used for another garment? Are there parts of the garment which could be salvaged – a good zipper, a set of buttons or a lace collar?

My sister-in-law has that gift of creative thinking. Two examples come to mind. A discarded checked woollen dressing gown became the basis of a warm patchwork bedcover. She cut the good parts into squares and oblongs and pieced these together in graduating sizes with scraps from other winter fabrics and then lined the cover and bound the edges. On another occasion, just before Christmas, she arrived to stay at our home with a second hand lace negligee which she intended to use as the basis of her Christmas gifts. She proceeded to make a series of bedroom cushions for the women on her gift list. From the smaller pieces she made handkerchief sachets and lace trimmed brooch pillows for her nieces.

I once bought a lady's sundress, too small for me to wear, because the dainty pink print was just right for my latest patchwork quilt project. When I was looking for fabric to line a tiny lidded basket as a gift for a new baby this material seemed ideal. As I cut the garment I realised that the front section would make an excellent full length apron. I cut along the side seams and hemmed these edges. I used the shoulder straps to make the neck strap and cut two waist ties from the back of the dress and attached these to the sides of the apron. And there is still

material left for my patchwork.

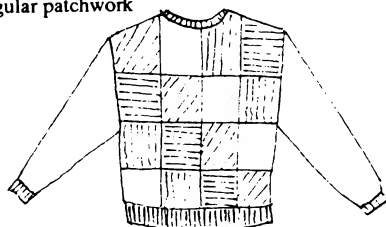
T-shirts which have stretched out of shape and have been thrown into the bargain box make excellent bath mats. Cut the fabric into strips about 2.5 cm (1 in) wide. Join the ends and roll into a large ball. Knit, using your largest knitting needles, or crochet with a giant size hook. Strips can also be plaited and then sewn together working outwards in a spiral.

Windcheaters are often discarded because of a stain or because the bands have stretched. Choose several windcheaters in complementary colours and use the material to make a patchwork top by cutting up the good portions and sewing together. If the back and/or sleeves are in good condition these could be reused and just a new front pieced. Enough new stretch ribbing for bands will probably cost less than a dollar. To make stretch bands, begin by measuring the waist. Cut a piece of stretch ribbing two thirds as long and twice as wide as required plus seam allowance e.g. if waist is 90 cm (36 in) and band is to be 8 cm (3in) wide cut fabric 61 cm (24½ in) long and 17 cm (6½ in) wide, allowing 1 cm (½ in) for seams. Seam the two short edges together to form a circle of fabric. Fold in halves with the seam inside. Mark band into quarters with pins. Mark waist of garment in the same way with pins. Place band over garment raw edges together and matching pins. Sew on with zigzag or stretch stitch. Use the same procedure with sleeve and neck bands. Small pieces of windcheater fabric can also be used to applique knee patches on a toddler's overalls to make crawling more comfortable.

One of the problems associated with op art dressing is that it is easy to end up with a bulging wardrobe of unrelated garments. To help overcome this problem decide on a basic colour such as grey, black, white or cream and resist buying anything which does not co-ordinate with this colour.

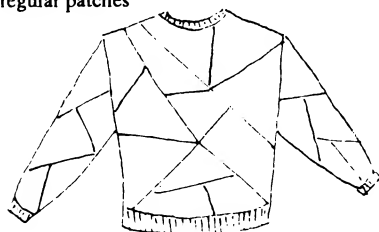
Don't limit your op art to clothing. Furniture needs careful inspection before buying. Is it strong? Are there signs of insect damage (white ants, borers)? Can I repair it? Will repairs be expensive? Will it fit where I want it to go? Look through the assorted household items piled high on tables or thrown into boxes. You may find high quality plastic items, good casserole dishes, or those gem scone irons which you have not been able to find elsewhere. Often the last lovely drinking glass from a set is sent off to the op shop when the kitchen cupboards are

regular patchwork



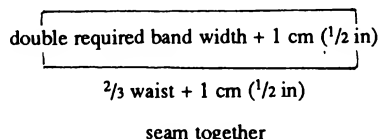
plain back and sleeves

irregular patches



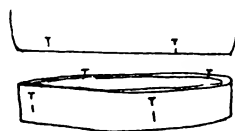
back also patchwork

1.



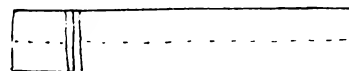
seam together

3.



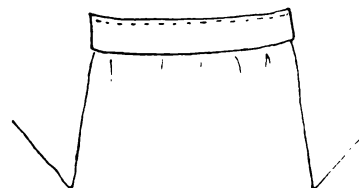
place 4 pins to mark band in quarters

2.



fold on dotted line with raw edges of seam inside

4.



raw edges of garment and band matched and sewn together

being cleaned out. How much nicer it is to drink out of one of these bought for a few cents than from an empty vegemite glass! Buy a different one for each member of the family and each person will be able to identify their own glass when it comes to refills. Finally, here are some golden rules for op artists:

- Be prepared to spend time 'just looking'.
- Don't wear your best clothes – sorting through dusty boxes is not the cleanest of occupations.
- Check each item carefully for flaws.
- Assess realistically whether repairs are possible or worthwhile.
- Be warm and friendly towards other shoppers. Many do not shop there by choice. A smile or friendly word can make a cheerful spot in an otherwise drab day.
- Arm yourself with a thick skin, a large shopping bag, a tape measure and a list of sizes of family members.
- Recycle your own family's clothing – someone may really love that purple jumper which does nothing for you!
- Enjoy yourself.

WORK AGAINST WANT ... and save thousands

Bob Hawke is WORKING AGAINST WANT on World Food Day (October 16).

He is donating his day's pay, or part of it, to Community Aid Abroad, Australia's oldest independent overseas aid and development agency. The money will go to long term environmental projects which help the Third World in becoming more self sufficient.

Alf Garnett, Elle MacPherson and Jimmy Barnes are also supporting the WORK AGAINST WANT.

Help in the fight for the environment and against poverty – give your day's pay or part of it, by also WORKING AGAINST WANT.

DONATE NOW!

Phone Community Aid Abroad on
008 038 133

Catching Sheep Without a Sheepdog

by Brenda Phillis, SA.

We know the value of a sheepdog in catching sheep, but with only a small flock it isn't practical to have a sheepdog. So, over the last few years, Neville and I have caught or failed to catch our sheep without the use of a sheepdog. We have tramped back and forth all over our block trying to round up and catch our not-so-silly sheep. We've cursed them and criticised each other while we tripped over stones and tree baskets, dodged tree branches and had sheep rush past our legs while we were on the wrong feet.

Those sheep knew when we were in the paddock to catch them. They had a plan of defence worked out. We used to think we were going well until the sheep neared the pen and they put the plan into action. Certain sheep would move ahead quite quickly into the pen. The next group would follow but just a little more slowly. The last few dropped back and then they would do something like the starburst that aerobatic pilots do. They would be off in all directions, and before long the group in front would do likewise. So we would give up the chase and start again from the beginning. Subsequent attempts were usually more disastrous. We were not very good sheepdogs.

We decided that if we couldn't drive them into the pen, we would use our brains and entice them in. At first we put hay on the ground in the pen, but our successes with that method are not to be bragged about. The breakthrough came one summer when we decided to handfeed with oats instead of hay. We discovered that the sheep like oats the way my daughter likes chocolate. They would rush to us from any far distant place if they saw us carrying a bucket. My mother used to be highly amused to see me walking across the paddock carrying a little red icecream bucket and 30 sheep following close behind.

We still had the problem of getting *all* the sheep happily

into the pen because the small movable trough into which we put the oats was not big enough for more than about 12 sheep at a time. The others would mill around but some of them often slipped past us when we moved up to close the gate. What we needed was a yard which the sheep would go into easily. Then once we had them in a reasonably small area, we could drive them into the pen. So, after a great deal of planning and work, we now have a system that seldom fails. There are three paddocks with a yard which is central and accessible from any of the paddocks. In it, there is a water trough and by having to come into the yard for a drink the sheep have become familiar with it. Sometimes we feed them with oats just as a reminder of what goodies come in the portable feeding trough. When we want to catch them, we just go out with a bucket of oats, call the sheep and lead them into the yard. After putting the oats into the trough, we just hang back until they are all in the yard, and then rush up and close the yard's gate. Yippee! It's easy to get them into the pen from there.

From trial and error we have found a way that works for us. Every property is different and what works for us might not work for you but, if you are having difficulty in catching your sheep, our experiences might help you.

Reprinted with permission from *SACSOS Newsletter*, No 49, Feb 1986, South Australian Coloured Sheep Owners' Society Inc, PO Box 110, Eastwood 5063.

Readers may be interested in two publications, *Breeding Coloured Sheep in Australia* and *Moorit Sheep in Australia*. The latter has just been reprinted in a new edition with extra and up-to-date information. The former is a comprehensive look at the coloured sheep industry worldwide, being a collection of papers presented at the First World Congress on Coloured Sheep. Prices are \$3.50 and \$2.50 respectively, plus packing and postage, from the above address.

More Ways to Use Goats' Milk

by Annette deVries, Llangothlin, NSW.

After seeing Carolyn Beard's ideas on how to use up surplus goats' milk (GR 74, p. 61), I thought I'd send in a few hints of my own, to help out others who have the same problem.

RECIPES

Cottage Cheese

The basic ingredients are 2 plain junket tablets to every litre ($1\frac{3}{4}$ pt) of milk. With a slight variation in method of preparation, it is possible to make a firm cheese that will slice, or a soft, creamy cheese that spreads beautifully.

For Firm Cheese Heat milk to blood-heat, stir in junket tablets which have been crushed and dissolved in a little water. Allow to stand for 10-15 minutes, then cut the curd into squares with a knife. Leave again for 10-15 minutes, then pour into a cloth lined strainer. (The best material to use is nylon jersey, as used for pocket linings in some men's trousers. This is also great for straining dirt, hairs, chaff etc from the day's milking. It is available very cheaply from stores selling knit fabrics.) Gather up the corners and tie with string. Hang and allow to drain to desired consistency. For a firmer cheese, press under a weight overnight.

For Soft Cheese Heat milk to just boiling, cool to blood-heat, and proceed as above. When draining, it may be necessary to unwrap and stir the curd gently once or twice. Two hours draining should be plenty.

Both of these cheeses have a sweet, bland flavour which can be enhanced with additions to suit individual tastes. The soft cheese makes a delicious topping on fresh fruit salad.

Ice Cream

Here is a way to make a rich, creamy ice cream from goats' milk without having to add cream or evaporated or powdered milk.

- $1\frac{1}{2}$ l ($2\frac{2}{3}$ pt) goats' milk
- 2 tsp gelatine
- $\frac{1}{4}$ cup sugar or honey
- $\frac{1}{4}$ cup whey
- 1 tsp vanilla
- 1 tsp vinegar

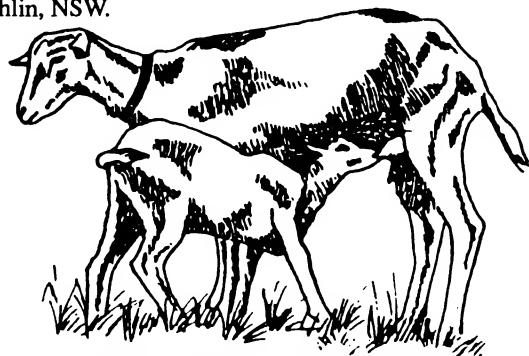
Prepare soft cottage cheese as above using one litre ($\frac{1}{4}$ pt) of the milk and 2 junket tablets. Drain about 2 hours, reserving $\frac{1}{4}$ cup of whey. Combine gelatine, whey and sugar or honey in saucepan and stir over low heat to dissolve. Allow to cool. Place the cottage cheese (approx $1\frac{1}{2}$ cups) and 500 ml (18 fl oz) milk in blender and process until very smooth. With motor running, slowly add the cooled gelatine mixture. Pour into suitable container (a 2 litre ice cream container is ideal) and place in freezer until partially frozen. Add vanilla and vinegar and beat until thick and doubled in volume. (It will come to the top of the 2 litre container.) Freeze. Allow to soften slightly before serving and enjoying.

FURTHER HINTS

To Clean and Freshen Milk Containers

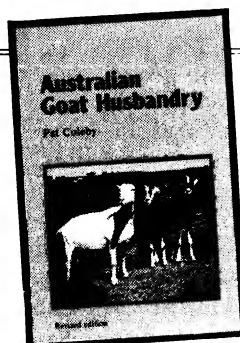
Glass or plastic containers used repeatedly for storing goats' milk often develop an 'off' odour or white scaly deposits on inside surfaces.

To Remove Odour Fill with a solution of 1 teaspoon of bicarb



soda per litre ($1\frac{3}{4}$ pt) of water and soak for 15 minutes. Rinse with clean water.

To Remove Scale Buy a large bottle of cheap white vinegar. Fill your container with this and soak for 15 minutes. Return the vinegar to its own bottle to be re-used for the same purpose later. Rinse with clean water, rubbing if needed to remove scale, then soak in bicarb soda as above. Rinse again.

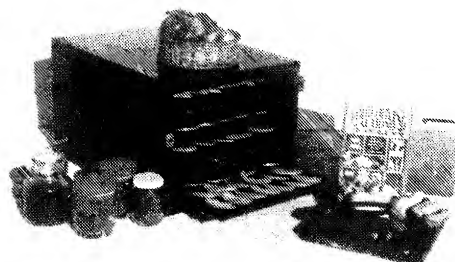


Australian Goat Husbandry Pat Coleby

Still the most popular Australian goat book on the market. It emphasises improved management and the prevention and handling of health problems. 128pp \$10.50 post paid from:

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Biocontrol of Pests and Diseases

by Iain Harrison, Lilydale, Vic.

There are ways to grow plants without using dangerous chemicals. The finished product might have a few chew marks, but it will also be a much safer plant for you and your family to be around or use.

Biocontrol is the practice of using living things such as predators or parasites to combat the pests and diseases which attack plants. You can actually buy some biopesticides, based mainly on bacteria, viruses, fungi, nematodes and protozoa e.g. Dipel which kills caterpillars, or parasitic spiders which kill red spiders. Other natural controls include natural chemicals e.g. garlic, eucalyptus or lavender sprays, or increasing plant resistance to pests and disease problems. The concept of natural control is not new. Early this century a tiny moth known as *Cactoblastis cactorum* was introduced to Australia to control prickly pear cactus, which at one stage covered tens of millions of acres of pasture and semi-arid land, particularly in Queensland and NSW.

METHODS OF BIOCONTROL

There are three main approaches to biocontrol.

Introduction of Parasites and Predators

This is where natural enemies are introduced to control exotic pests such as cottony cushion scale. Nearly 100 years ago this parasite was introduced to California from overseas without its natural predators and it nearly wiped out the local citrus industry. The importation of a small number of Vedalia beetles (related to lady bugs) from Australia virtually eradicated this pest very quickly, and keeps it in check to this day.

Conservation of Existing Natural Enemies

You can't always just stop spraying – you may need to build up the natural enemies to a useful level first. But you can change spraying programmes by using selective chemicals or by changing when you spray, as some insects are active at different times of the day, and by reducing the rates of the chemicals that you use. Another method of conserving natural enemies is to change the way in which you crop your plants. This can be done by such methods as staggering planting times to reduce the impact of having a crop all at one stage when it may be more prone to attack or infestation; by the use of companion plants; by increasing crop diversity, by mixing crop species and by maintaining groundcover in orchards to promote parasite habitats.

Development of New Natural Enemies

Modern farmers can take advantage of the work of scientists involved in growing larger numbers of predators or parasites, or can add additional numbers of natural enemies collected or purchased from elsewhere. Producing and marketing biological control agents has now become a major business in Europe and the USA, with small scale activity also in Australia, for example Biocontrol in Warwick, Queensland, who produce predatory spider mites for control of red spider.

Other approaches to biocontrol that are being actively researched are the development of plants with increased resistance to pests and diseases; the use of natural chemicals such as hormones or sex scents to either attract (to a trap or away from plants), repel or kill these types of problem pests;

the use of sterile insects to upset reproductive cycles; and the use of plant derivatives such as pyrethrum as pesticides.

ADVANTAGES OF BIOCONTROL

- It doesn't damage crops, in contrast to some chemicals.
- It doesn't leave a residue as in the case of many chemicals.
- There are no crop withholding periods, so you don't have to wait to harvest crops.
- It's less costly than chemicals, and biocontrol may continue to be effective long after the original application as predator or parasite breeding occurs, unlike most chemicals.
- Biocontrol agents often spread outside their original application area controlling pests and diseases over large expanses.
- Pests are unlikely to build up resistance to biocontrol methods.
- Biocontrol is usually specific to the targeted pest or disease and generally doesn't affect other organisms.

DISADVANTAGES OF BIOCONTROL

- It is often slow acting in comparison to chemicals, and an effective population of controlling agents may take years to build up.
- The degree of control is often not as high as with chemicals.
- It is often very hard finding predators or parasites of some pests, particularly ones that are specific to a particular pest or disease, rather than a number of organisms.
- The ability of many biocontrol agents to move from one location to another can sometimes be a disadvantage. A pest or disease that may be a problem in one area may be desired in another. This can be seen in the case of blackberries which are grown commercially for their berries, but are also a declared noxious weed in several Australian states. Blackberry rust, brought into Australia as a biocontrol agent for this plant in recent years, may affect the commercial crops. Another example is the case of Paterson's curse, which is a noxious weed in some parts of Australia and a useful pasture species in other parts. Attempts to release a biocontrol agent for this plant resulted in a supreme court case aimed at preventing its use.

The advantages of biocontrol far outweigh the disadvantages certainly in the long term if not the short term. Biocontrol is, now more than ever before, being actively promoted by many governments, agricultural and forestry departments worldwide. It has been estimated that in 1988 at least \$165 million was saved by United States farmers alone on pesticide costs because of biological control. The benefits to the environment are even greater.

Iain is a tutor at the Australian Horticultural Correspondence School. A free information sheet listing places to buy safe sprays, biopesticides and books on natural controls is available from the school. Send a SAE to: AHCS, 264 Swansea Rd, Lilydale 3140.



BASIL FLY REPELLANT



Basil grown in pots in places where flies congregate such as porches, garages, balconies or doorways deters flies. Or leave a vase of fresh basil on a nearby shelf.

Repairs to Wooden Fencing

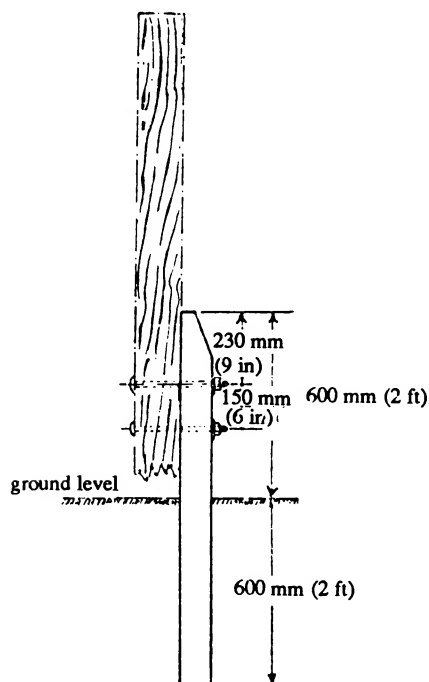
Where wooden fence posts have rotted at or below ground while the portion above ground is still in good condition, it may not always be desired to renew the fence completely. In such cases the fencing can be supported by fixing the sound portions of the wood post to concrete stumps as illustrated in diagram 1. As will be seen, the idea is to replace the rotted part of the post with concrete and to bolt to the latter the sound part of the post. A useful size for these concrete stumps is 1200 mm (4 ft) long by 150 mm (6 in) wide by 100 mm (4 in) thick reinforced with four 6 mm (1/4 in) rods. They should be provided with two holes for bolts. A suitable mould is shown in diagram 2. The 'stump' is made with the chamfered side uppermost in a wooden

mould on a wood base. At one end the sides are cut according to chamfer desired at the top of the stump, and round iron rods 2 mm (1/16 in) larger in diameter than the bolts to be used are supported from the top of the mould to form the bolt holes; these rods should rest in shallow holes drilled in the bottom of the mould to prevent their moving when the concrete is placed. The sides and ends of the mould box may be fixed with screws, as shown, and the mould box may be fixed to the base by screws driven from the underside. The mould is filled with concrete as already described, and the chamfer at the end formed by striking across the mould sides with a straight edge. If a large number of these 'stumps' is required the mould box should be fixed with bolts, and pallets should be used as already described in GR 72.

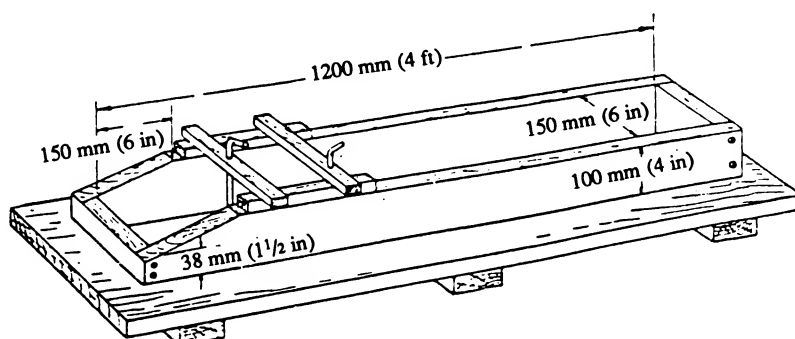
When the stumps have been cured they should be firmly erected in the ground in contact with the rotten wooden post, and bolted to a sound portion of the latter. The base of the wooden post should then be trimmed off and given a coat of some preservative.

Information supplied by the Cement and Concrete Association of Australia, 147 Walker Street, North Sydney 2060, a non-profit organisation sponsored by the cement industry to provide information on the many uses of cement and concrete.

Diag 1. Attaching concrete stump to existing fencepost.



Diag 2 Form for making concrete stumps.



A SCREW LOOSE

A few drops of vinegar or oil on rusted nails or screws will loosen them.

CANDLES

Burning candles in the room banishes unwanted odours such as cigarettes, damp or cooking smells.

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REMOVING A HOUSE

You have bought your few acres and would love to move onto them but there isn't anywhere to live. Will you build in stone, or perhaps mudbrick – or in your yearning for expediency will you take a chance and move a house onto Utopia? There are usually a couple of houses for removal in Saturday's paper and they seem so cheap. Or are they? Two readers enlighten us with their stories of removing a house.

A CHEAP MEANS OF BUYING A HOME

by Elsie Hoare, Berwick, Vic.

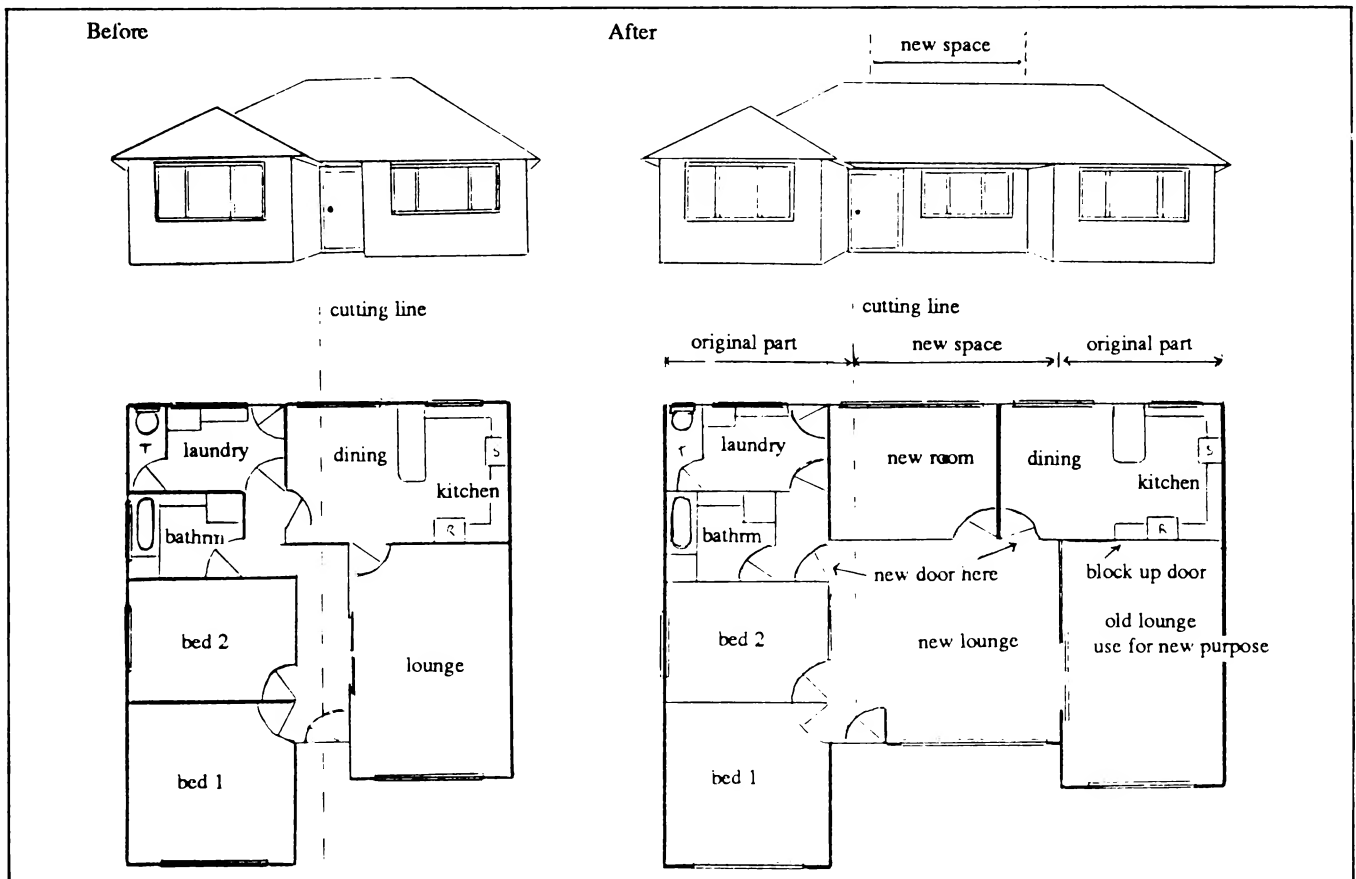
A few years ago when we were planning to rebuild, we went into the possibility of buying a removable house and found, like David did ('Down Home on the Farm', GR 69, p. 67), that it is indeed a very cheap means of buying a home. Having gone into the matter very thoroughly I wondered if I might pass on the information we gathered for the benefit of any other readers who may be giving the idea some consideration.

Before undertaking the whole process it's important to check with the building department of the municipal council of the area which will receive the moved in house because generally speaking they are not very enthusiastic about them. Unfortunately it has been proven in the past that the same lack of funds which prompts someone to buy a removable house often prohibits them from finishing it to the standard acceptable for the area within the allotted time of two years, causing neighbours who fear the loss of value to their own properties to complain to the council. Therefore it is necessary in some Victorian municipalities to apply for a town planning permit to give neighbours a chance to object. By the time a town planning application has been advertised and objections from

neighbours considered, the time lapse could be months. In addition most councils in Victoria require a deposit of fifty dollars for every square metre of floor area, to be held as a bond to guarantee that the job will be finished in the prescribed time. Even in some of the outlying suburbs of Melbourne where neighbours are acres apart, these formalities are still observed.

Prior to its removal the dwelling must be inspected by a building inspector to ensure that it is satisfactory to be re-erected, and that within a two year time scale it will comply in all respects with the Victorian Building Regulations. Also a health certificate is to be obtained from the health surveyor in the municipality from which the house is being taken to say that the house is free from disease.

Undaunted? Then let's push on. Don't be conned into paying more for a house than is necessary. This is one instance where cheap is not necessarily shoddy, and vice versa. Ask around a bit regarding prices both for houses and the going rate for the removal of same. Bear in mind when considering a house for removal that verandahs and lean to additions do not transport well and would almost certainly have to be dismantled.



Be careful when choosing a removalist because the success of the venture depends on his expertise. Check to see just how much your removalist is prepared to do. Some will only tote the load and restump it at the journey's end; others will complete the job to as new condition ready for you to move in. In all, you should be able to do so for around half the cost you could expect to pay for a new home, excluding land, possibly even less.

Check the quality of the work. Of the five moved-in houses I can think of, one was an absolute disgrace, having great gaping holes big enough to put a man's hand into between the walls and window frames. The other four are beautiful, and settled into their respective backgrounds as though they've always been there. We lived very comfortably in one of them for a year and it was only after careful examination that we were able to find the spot where it had been cut in half for transportation.

This brings me to make a point that is worth considering. When reuniting one half of a house with its counterpart, it is not necessary to put the two pieces together exactly as they were originally. Extra rooms can be added by leaving a space between and filling the gap with new materials – see illustrated

suggestion. Thus a two bedroomed home can become whatever size you want, with a little imagination. Naturally this involves extra time, work and cost but you may solve a problem or two if just what you are looking for doesn't eventuate. Also, a weatherboard house can be reclad with bricks if the fancy takes you, achieved a little at a time once the home is settled. For this a footing must be dug in the usual way, but after the house is restumped, not before.

A word of warning: Although a lot of the work can be handled by an average do-it-yourselfer at a cost saving, the removal and restumping of a house is a *very dangerous job* often involving clambering around under the load while it is resting on trestles; it should only be undertaken by an expert.

Some places to look for removable houses are:

- in the classified ads in Saturday's *Age* (or your local equivalent), usually at the end of 'Houses for Sale' – look in the index for the page;
- Road Construction Authority;
- Board of Works;
- removalists, who sometimes buy them on spec, for later sale – check the yellow pages of the telephone directory.

HOUSE FOR REMOVAL

by Lorraine Juchtzer, Portland, Vic.

I felt I had to write to warn of the many pitfalls of buying a 'House For Removal', as our recent experience was unbelievably heartbreaking. In August 1986, I contacted a removalist who assured me he would be able to find a house close to Portland for us to shift. He did – a lovely four bedroom weatherboard soldier settlement house just out of Warrnambool at \$17,500, 16 squares in all.

I made the trip from Melbourne by train (5 hours) and was met at the station and taken to see the house. The removalist did not have a key, but was able to gain entry via a window, so I was shown the interior. The main point that convinced me to buy was a lovely St George electric stove in excellent condition. I confirmed the sale with my husband and then informed my agent. He negotiated the sale with the owners and we bought the house.

Now our troubles started. Our agent would arrange the moving permit, health certificate, building permit, road permit etc and tell us the date of moving. He would then move the house and his fee would be \$7000. We agreed. After being told many stories of permit hold-ups I checked the relevant departments only to be told that there was no hold-up, they just had never heard of us or our permit applications. We soon sorted that out, but our phone bill was becoming frightening!

Our agent then gave us a moving date; nothing happened. He gave us another date; again the same result. This happened 22 times. I kept going from Melbourne to Warrnambool and Portland to check on progress. Then I started checking, to see if road permits had been granted. Not once had our agent applied. I began ringing him to find out what the problem was, but he seldom came to the phone.

I moved with my son to a caravan park in Portland to be closer to the situation. This left my husband, eldest son, and daughter in our Melbourne house, virtually splitting up our

family. My phone calls were then only from Portland to Warrnambool, with calls home to report progress. You can imagine the stress and strain we were all under during this time.

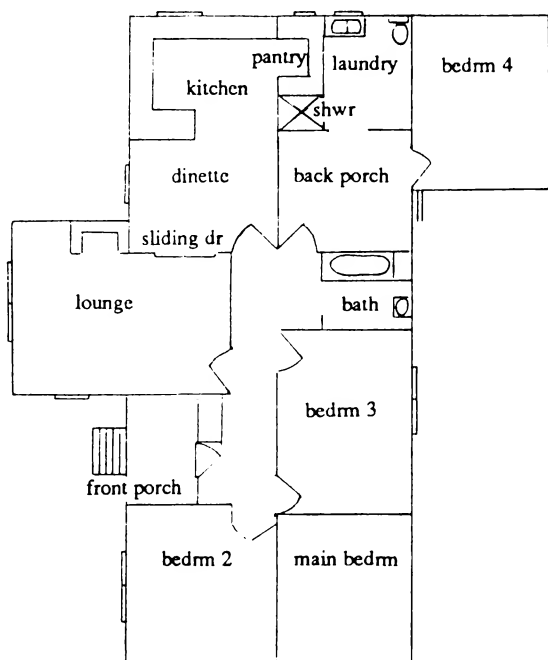
After many calls, and broken promises, we did get our house moved onto our block on December 21st. But before the third section (the kitchen area) was delivered he demanded payment and put his price up another \$500. I had no choice but to pay him. The third section was then delivered – but no St George stove. My agent assured me it was left behind accidentally. He would pick it up and deliver it to us. We are still waiting.

When the cut was made for our house to be split in three it was not only cut very roughly, but cut longways first, then the agent changed his mind and cut sideways as well. You can imagine how much extra repair work we then had to do. He also put the house 'crooked' on our block, i.e. not straight in line with our fence but on an angle – slight, but when extending very obvious. The trucks used churned up our topsoil and wasted our efforts at setting up a garden.

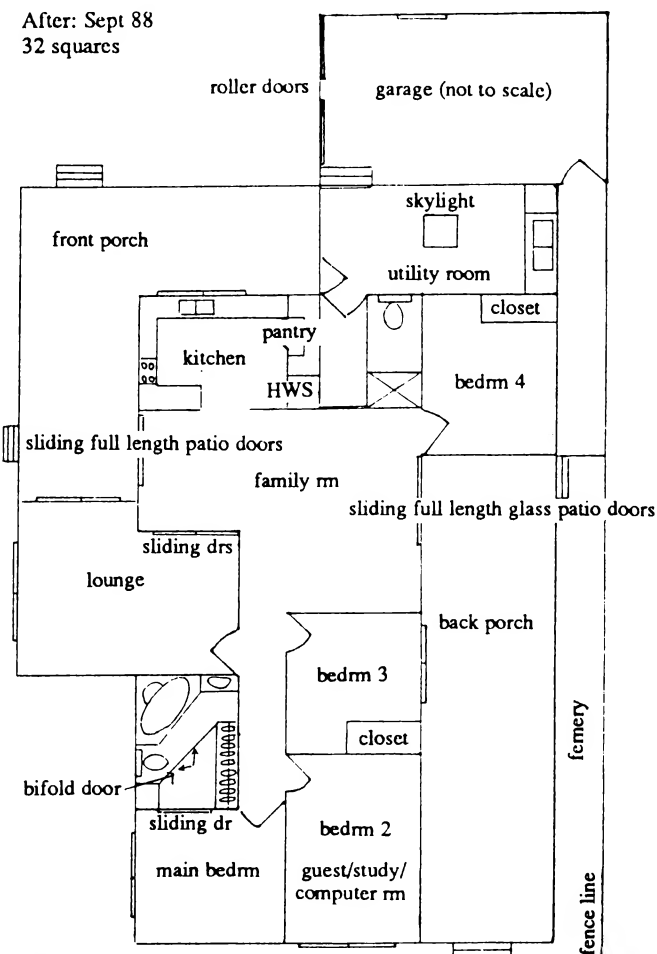
Our house has now been brick veneered, pine lined, altered, extended to 32 squares and decorated. Lots of money went into completely rewiring and plumbing, reroofing and installing our Coonara heater. The only original parts of the house are the frame and some of the floors. Our house now also has 3 m (10 ft) wide porches 9 m (30 ft) long at the back and a return porch 9 m (30 ft) at one side and 7.3 m (24 ft) at the other. We have a 9 m (30 ft) wide kitchen/family room area, a spa bath in our bathroom, a second bathroom with shower and loo, a utility/hobbies room 4.5 x 3 m (15 x 10 ft) and a large double garage, also a large pantry.

We have 2 blocks adjoining, a view over the town, vegies planted, and our garden of native trees started. We trade my chooks' eggs with some locals and receive many various trades, fish, rabbits, apples, rhubarb, just to mention a few. You can

Before: Dec 86
16 squares



After: Sept 88
32 squares



see we are settled now. It was a very unpleasant experience to buy and move our 'House for Removal', one we would never attempt again, but now we can call it home, at last!

Please investigate your removalist before hiring and most importantly insist on a contract to move your house, with the date of removal shown clearly. We found that there was no body to which to make a complaint against our removalist, as they don't have to be registered like master builders. Please, please be so careful, even hire a solicitor, just don't get caught as we were.

I hope you find your house, and may I suggest looking for a 'soldier settlement house'. They are solid (nice high ceilings too), built 1956 or thereabouts. Good luck and God bless.

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Budget Gifts to Make and Store

Homemade Treasures for Christmas Giving

by Susie Fleming, Ringwood, Vic.



I'm not the type to have my Christmas gifts chosen, wrapped and labelled before mid-year, but by October I'm thinking seriously about organising some homemade goodies to present to family and friends. I love cooking, especially when I can use freshly picked produce from my somewhat restricted garden. A few fruit trees and a couple of vegie beds – plus herbs of course – are all we have room for, but I still manage to provide 'garden fresh' meals for much of the year. Here are some of my specialities – they make attractive gifts and always seem to be appreciated. Best of all, they can be made well ahead and stored out of sight until needed – saves on the last minute rush that always happens at our place, despite my good intentions.

STOVETOP SPECIALS

Mother's Mustard

- 1 cup currants
- 1½ cups white vinegar
- 2/3 cup dry mustard
- 2/3 cup soft brown sugar
- 2 cloves garlic, crushed
- ¼ tsp each ground cinnamon, ground allspice, chilli powder and cayenne pepper
- ½ cup water
- 6 tbsp vegetable oil
- 2 tbsp cornflour
- 2 eggs, beaten



Place currants and vinegar in a saucepan and heat gently to boiling, then let stand for 10-15 minutes till currants are soft. Add all other ingredients except eggs and process in blender until smooth. Add eggs a little at a time and combine thoroughly. Return mixture to saucepan and cook over moderate heat, stirring, until mustard has thickened to a creamy consistency. Do not allow to boil. Pour mixture into warm sterilised jars (choose some attractive 'recycled' ones), seal and store in the fridge until needed – up to 3 months, and the flavour improves all the time!

Special Fruit Stuffing

- ½ cup chopped dried fruit (your choice of apricots, apples, raisins, sultanas, prunes, etc)
- 1 tsp dried minced onion
- ¼ tsp celery seed
- 1 tsp dried parsley
- ½ tsp each dried sage and thyme
- other dried herbs of your preference (optional)

Combine all ingredients and package in attractive containers – coloured cellophane, small jars, fabric circles tied with braid. What I do is make up several of these and attach instructions on how to use the mixture, i.e. soak herb-fruit mix in ¾ cup stock or water for 10-15 minutes, add 2 tbsp butter and bring to boil. Pour over 4-5 cups toasted wholemeal bread cubes and spread through evenly with a fork. Can be used to stuff poultry, or baked covered in a moderate oven for 15-20 minutes.

Ruby Relish

- 500 g fresh young beetroot
- 1 lge salad onion, finely chopped

- 1 lge green apple, peeled, cored and finely chopped
- ½ cup currants
- 3 tbsp cider vinegar
- 1 tbsp raw sugar
- freshly ground pepper

Wash and trim beetroot, leaving a little of the root and stalk attached. Place in saucepan of cold water, bring to boil and cook gently for 15 minutes. Drain beetroot, remove stalks and skins (they should just slip off) and chop finely. Return to saucepan with other ingredients and cook over low heat for 5-10 minutes. Leave to cool slightly, then store in sealed, sterilised jars. Keeps well in fridge for up to 2 months, unless the family find it. They all love it on the Christmas ham.

HERBAL DELIGHTS

Another way I've found to make gifts from the garden is to use some of my store of carefully harvested and dried herbs in craft projects. I can't bear to see them wasted, so I'm always on the lookout for new herbal gift ideas.



Garland of Teas

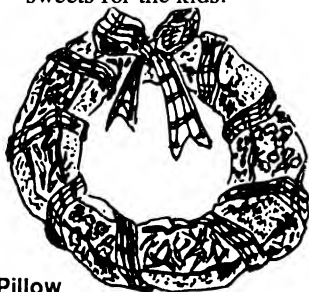
This one is rather fiddly, but not difficult if you have plenty of spare time. It makes a decorative as well as useful gift for those who like to experiment with herbal teas – different blends for different occasions. You can also use varieties of Indian and Chinese teas, of course, depending on the tastes of the recipient of the gift. You'll need:

- bundle of raffia or substitute
- fine wire or strong cotton thread
- cellophane
- assorted dried herbs suitable for teas – chamomile, marjoram, mints, rosemary, etc
- ribbon or braid

Unravel raffia and bend into a ring about 16.5 cm (6½ in) in diameter. Wrap tightly with wire or thread to within 5 cm (2 in) of each end. Cut off half the raffia at each end, overlap ends and bind very firmly. If you want to stop loose raffia falling off you can cover ring with plastic wrap. I prefer the natural, 'rustic' look.

The sachets can be single serve size or enough for a potful. Make ⅓ of them smaller to fit inside the ring, and the rest larger for the outside. Depending on the size you make them you'll need about 27 altogether – 9 groups of 3. Cut the cellophane twice as big as you want the finished sachet. Spoon the herbs or tea into the centre and wrap up like a parcel, folding the ends over and fastening together at the back with sticky tape. Pass a piece of wire or thread under each of the taped ends (3 parcels per wire, with as much colour contrast as possible between them). Secure around the raffia ring and fasten ends off neatly. The sachets should completely cover the ring. Wind decorative ribbon between the groups of sachets and tie

with a bow, leaving a loop for hanging too if you wish. There are lots of variations of this idea: you can fill sachets with potpourri, beads for craftspeople, seeds for keen gardeners or – heaven forbid – sweets for the kids!



Sweet Sleeper Pillow

This pillow can be as plain or as pretty as you like, depending on how handy you are with a needle. The size and the contents can vary too – this one makes a small pillow that's just right for deep restful sleep. Make sure all herbs are thoroughly dried.

- 2 cups rosemary leaves
- 2 cups lavender
- 1 cup chamomile flowers
- 1 cup marjoram leaves
- 2 tbsp powdered orange peel
- 1 tbsp orris root powder (from chemist)
- 1 tbsp gum benzoin
- 1 tsp ground cardamom

Mash all ingredients together, but don't crush too finely. Mix thoroughly and use to fill a muslin bag. Sew up and cover in whatever way you wish – plain or printed fabric, patchwork or lace trimmed. Crosstitch embroidery puts a lovely finishing touch to these. This mixture can be made more floral scented if you wish – try geranium, rose, lemon verbena – and can also be used for smaller sachets or for potpourri.

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The Vault Toilet

by John & Sandi Rutledge, Tapitallee, NSW.

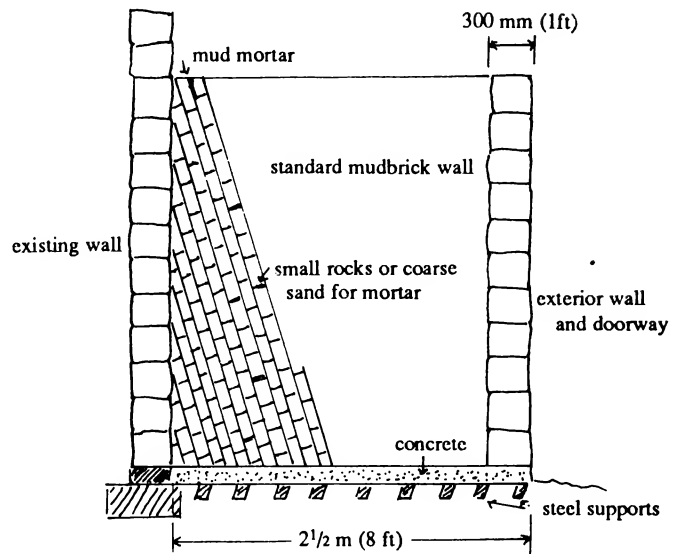
We were inspired by a book titled *Houses for the Poor* by Hassan Fathy to experiment in building a new structure – an ‘outside loo’. This was desperately needed for our mudbrick granny flat.

Our brother-in-law Preston was staying in the flat for the summer months, and he undertook the task of digging the hole. As he’s an opal miner, it was a small hole for him compared to some he digs, 1 m (3 ft) diameter x 4 m (13 ft) deep. Next came the steel supports, John has various hoards of timber and steel he’s collected from second-hand yards and the local tip, from which we found the right steel lengths to use for support for the concrete floor. Over the steel supports we placed old corrugated iron and the concrete was poured on the tin. This completed the base.

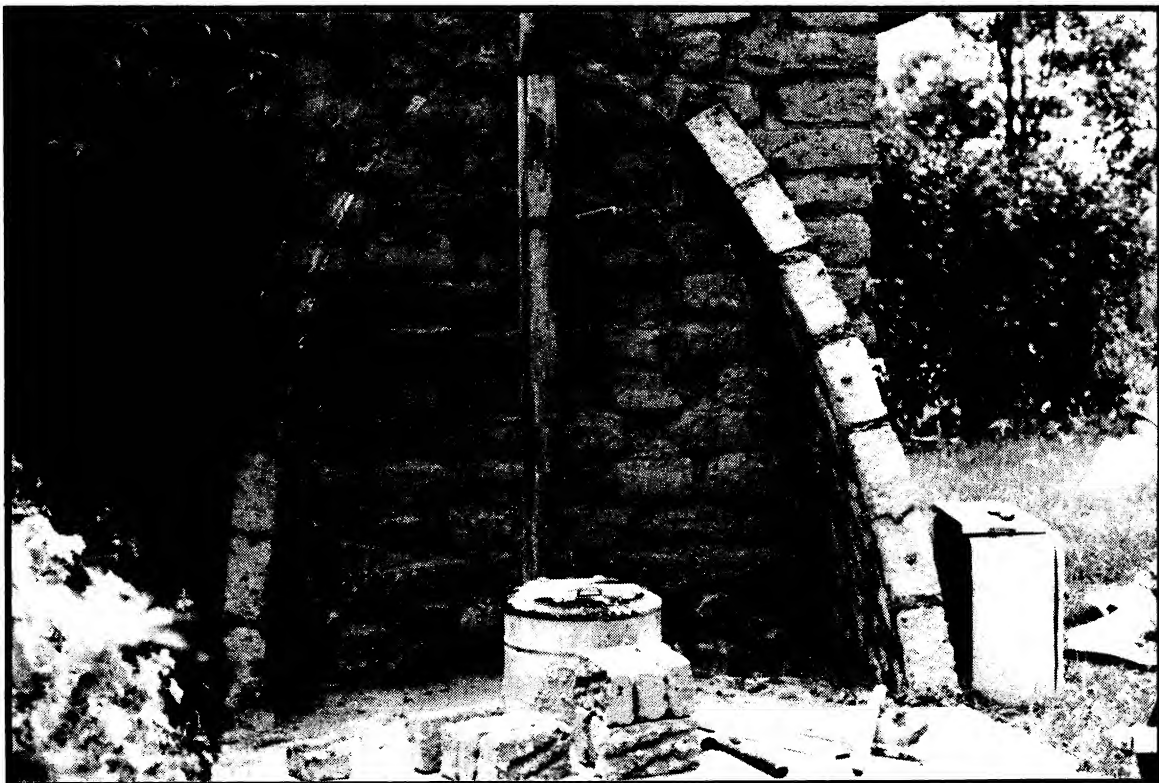
Preston then made a multi-mudbrick mould that could produce 18 bricks, 225 x 100 x 50 mm (9 x 4 x 2 in) thick, at a time. After three hours of mixing and making the bricks we had sufficient for the job. This task was made easy as John has a machine that produces large quantities of mixed mud at a time. The vault took approximately 400 bricks and 30 standard mud bricks used for the vertical end wall. They only took 3 days to dry as the bricks are much smaller than conventional mud bricks, and luckily we had some standard mud bricks left over from our last job. We now had all the material needed for the job at virtually no cost.

The next step was to mark on the exterior wall of the mudbrick flat the approximate shape of the parabolic curve, 2

Side view of construction



m (6 ft) wide at the base. This was the shape of the vault. Then the bricklaying began – not in the usual fashion of mud brick structures but in an almost vertical position, still using the one over 2 method. We found the mortar joints at the end of each brick had to be supported by small rocks to stop any slump in the curve (see diagram). This style of laying bricks was very interesting as it is totally different from any conventional way



The loo begins to take shape. Laying the bricks almost vertically was no easy task, and we had to use small rocks to prevent slumping of the mortar.



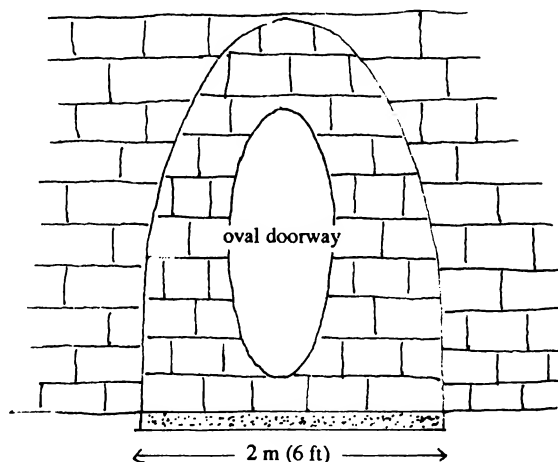
The pleasing curve of the finished (except for a door!) structure has been rendered with a mud and cement mix for protection against the abominably wet weather we have had this winter.

we'd previously used.

The bricks were laid in a circular fashion – each layer was one circuit of the parabolic shape as in diagram. We continued in this fashion up to the exterior vertical wall. On completion we made a render of mud and cement and plastered it about 1 cm (1/2 in) thick on the exterior of the vault as protection from the elements. This proved very necessary in our case, as we had continuous rainy weather for 2 months which resulted in a small leak penetrating between the granny flat wall and the vault and causing crumbling in some of the interior wall. Next time we would not use an existing wall to construct from but even so it is an interesting building and shape and could be used for many purposes. One point we really appreciated was that we didn't have to use new timbers in the construction – being very aware of our need to conserve our forests, we delighted in seeking this alternative that was functional and pleasing to the eye.

Tapitallee Retreat, the spiritual and environmental education centre created by John and Sandi, was featured in GR 70 and GR 71. It boasts a number of 'homemade' buildings in harmony with its bushland setting. If you like more information about the Retreat, contact Sandi at Tapitallee Retreat, Illaroo Rd, Nowra 2540. Ph: 044-460-138.

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MAGIC GARLIC

by Jose Robinson, Wild Cattle Island, Qld.

Eat garlic and stay healthy! This is the message that has been handed down for generations. Garlic (*Allium sativum*) has been around for many centuries, but has never lost its popularity as a potent and powerful cure-all. From a remedy for the common cold to an aphrodisiac, it has the reputation of doing the lot, and it certainly does present a very convincing case.

HISTORY

In earlier times garlic went under several different names. The ancient Greeks referred to it as Stinking Rose. Others called it Camphor of the Poor, or Food of Love. However you describe it, garlic has been around, it seems, since time began. The ancient Egyptians even believed that their garlic possessed the secret of physical strength. Bulbs of garlic were found in the tombs of the pharaoh Tutankhamun, and it is believed that workers on the great pyramid of Cheops consumed large quantities of garlic to keep up their strength for that mammoth job. Later, in Elizabethan England, 'garlic is the remedy for many diseases,' claimed Culpeper in his first herbal bible, which was initially printed over 300 years ago and reprinted this century.

GROWING GARLIC

A member of the Liliaceae (lily) family and a perennial plant, garlic is cultivated widely all over the world. It favours a temperate climate and likes a fair amount of water with good drainage and plenty of sun. Usually a single clove of garlic planted in the above conditions should grow, although I must admit to considerable failures with it, probably due to my sandy island soil.

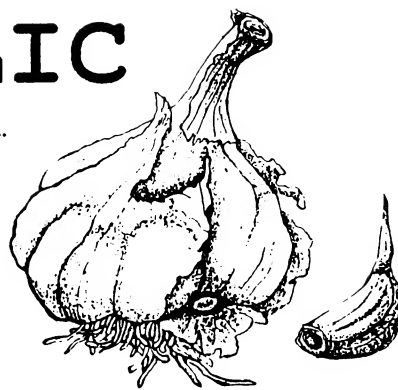
COOKING WITH GARLIC

These days no housewife or gourmet cook would be caught without garlic in the kitchen. It is readily available chopped, dried or fresh from the supermarket, as well as in capsule, tablet or powder form from health food shops and pharmacies. What could be more pleasurable to the taste buds than a slashed loaf of French bread heavily rubbed with fresh garlic and butter, wrapped and warmed in the oven? Did I hear you mention Italian spaghetti sauce? Mama mia, I'm drooling all over this typewriter. French garlic soup . . . Marseilles bouillabaisse . . . I can't go on in this vein - my taste buds have gone berserk!

Garlic, onion, chives, leeks and shallots are all known to contain sulphur, which gives them their very strong aroma. Of course we are all familiar with the lingering strong smell on the breath after consuming raw any of the above. Parsley eaten with or after garlic helps to neutralise the smell.

Garlic Soup

- 2 large heads fresh garlic
- 2.5 l (2 qt) cold water
- 2 whole cloves
- 1/4 tspn each sage and thyme
- 4 sprigs parsley
- 2 dsp oil
- 3 egg yolks
- 60 g (2 oz) melted butter
- 6 to 8 slices stale wholemeal bread, buttered



60 g (2 oz) grated Swiss or Gruyere cheese

Separate the heads of garlic into cloves. Cover with boiling water. Drain. Slip the skins off and place in a saucepan with the water, cloves, sage, thyme, parsley and oil. Bring to the boil and simmer 30 minutes. Beat the egg yolks until thick and gradually beat in the butter. Strain the soup and add very slowly, while beating vigorously, to the egg yolk mixture. Reheat but do not boil. Place a slice of the bread in the bottom of each bowl. Sprinkle with cheese and pour the soup over all.

MEDICINAL USES

Garlic is a rich source of many minerals, including selenium and sulphur, as well as amino acids, including the eight or ten known to be essential. Researchers support its healing properties and usefulness in the treatment of many medical conditions, and have shown the allicin it contains to be the component that actively fights bacteria, yeast and fat in the body. Garlic is an antiseptic and has been frequently resorted to in emergency situations such as have been present in field hospitals during various wars, when doctors have been forced to improvise.

It is claimed garlic soothes continuous coughing in influenza if eaten raw or boiled. It is reputed to clear arteries and prevent high blood pressure; it is active against streptococci, staphylococci and bacteria causing certain kinds of dysentery; it protects against stomach upsets and treats various skin disorders; the juice may be used to treat wounds and is also an appetite stimulant. A further claim which has apparently been proven is that garlic juice can reduce blood sugar in diabetes sufferers. There is also some evidence, researchers say, that including garlic in our diet may help guard against cancer.

Some people like to wear a bulb of garlic hung in a little bag around their neck to ward off winter ills. Others place a garlic clove inside each of their socks for the same reason. Whichever way we use this fantastic, powerful magical plant, it can't be disputed that it certainly has a lot to offer.

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SAVE YOUR HIDE

by Judy Sims, Windeyer, NSW.

Learning how to tan skins was something that happened to me by accident. I never like the thought of our beautiful Angora goats dying, let alone the idea of abusing their carcase. However, when a goat died recently with a full mohair fleece, the opportunity seemed too good to miss. By no means is tanning easy – in fact the tanning stage is probably the simplest step. It takes much time and physical effort to produce a fleece of quality by hand, so on completion I felt a real sense of achievement, having made an article of beauty from what would have been destroyed.

Removing the skin in one piece can be tricky for a beginner. It is best to use a combination of pulling the skin from the carcase whilst loosening any tough bits with a very sharp knife (I used a 'Wiltshire'). If you can hang the carcase upside down the job will be quicker. Many books I had read stressed the importance of not puncturing the hide. Unfortunately they did not give advice on what to do if you happen to nick the skin, except to discard it. As this occurred to my goat skin, I decided to persevere as it was to be a wall hanging, and no-one would be able to notice a cut through the heavy fleece. An effective method of repairing small cuts is to stitch them with fine nylon, such as invisible thread or light fishing line. This must be done as soon as possible, as further processes will eventually turn your small cut into a large hole.

Having removed the skin intact, trim any unwanted bits, then attach the hide to a frame or board with the skin side up. I found an old wire bed frame, and strung up the skin with wool bale fasteners spaced every few inches. This worked very well as it was simple to adjust the skin during fleshing. Fleshing is the process by which the membrane covering the skin plus

any flesh or fat bits are removed to allow effective tanning. This is critical as failure to flesh properly will prevent the tanning solution from penetrating the hide, thus leaving your skin stiff and puckered. Again, take care not to break the skin's surface, and always use a blunt instrument. An old brickies trowel was used with success, and I only needed a knife to remove any solid lumps of fat or flesh.

Once fleshing is complete, the skin is ready for tanning. The number of methods for tanning I came across was mind-boggling, with many listing various chemicals which proved to be hard to obtain in the country and also potentially dangerous. I settled for a simple method using only kerosene and carb soda, both readily available and cheap. The kerosene and carb soda are mixed together until they form a thick paste, the quantity depending on the size of the hide being tanned. There should be enough of the mixture to coat the flesh side of the hide thoroughly. Leave the skin in a shady airy position for at least 24 hours until the paste has become dry and flaky. Scrape the mixture off, then re-apply the paste by following the same procedure two more times. By now the skin will have taken on a leathery look, being fully tanned and ready for finishing.

To make the most of your hide, time must be taken in finishing the article properly. The skin will need washing first – shampoo or soapy water will do the job. As my mohair fleece was fairly soiled, it took two washes with a heavy duty dog shampoo before it came up clean and bright. Care must be used with long-haired fleeces to ensure they don't matt. Never rub the fur side, but gently massage it between your fingers. Rinse the fur thoroughly, then leave it in a shady place to dry.



The hide stretched out for tanning. An old door or wire bed frame are ideal for this as they are easily found and can be moved with a minimum of effort.



Our cat taking advantage of the finished fleece.

Your use of the fur will determine the next step. If it is to be a floor rug, you may choose to leave it in its present leathery condition. However, if you're after a softer more pliable finish, say for slippers, it will require yet more elbow grease to complete the work. 'Breaking' will bring the skin to a supple condition. This is achieved by applying a thin coating of warm neatsfoot or castor oil to a slightly dampened hide. Place the flesh side up over a soft pad – for example, blankets folded over a wooden rail – and work your implement back and forth across the skin until soft. Any small scraps of skin tissue should have gone by now, but if not, sand them off with a fine grade sandpaper. Finally, sprinkle some talc on the fur side and massage in well. If there are any sticky spots, rub some sawdust in until it cleans up, then shake free.

It may have taken precious hours and a considerable amount of work to complete your fur, but it is well worth the effort when you see the beautiful result of your labour.

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ELECTRIC FENCING

by Steve Anderson, Pakenham, Vic.

The question of whether or not to use electric fencing can be a controversial one, with many people maintaining that it is cruel to animals and potentially dangerous (especially to children). However, in many instances, for example in containing recalcitrant, stubborn, or simply strong animals, you may decide that the advantages outweigh other considerations. Having made this decision there are some safety obligations and some efficiency considerations to bear in mind.

Many farmers using electric fencing are not aware that they are legally required to have the international standard warning sign, showing a hand and 3 sparks, every 90 metres (300 ft) along fences bordering public land, drives and neighbours' land. Although many insurance companies request electrification of boundary fences before they will provide cover against wandering stock, barbed wire fences should not be electrified. Contact with plain electrified wire will send shocks through the fat and nervous system of the body, but if an electrified barb pierces the skin of a person who has become entangled and cannot escape, repeated shocks travel via the blood stream straight to the victim's heart.

Many people do not earth their energisers adequately, which means that the energiser will not perform to its maximum capacity and could cause serious damage to itself within a short time. It is essential to earth an energiser to 3 pieces of steel, either galvanised star posts or water pipe, 1.8 m (6 ft) long, driven full depth into the ground. Bentonite mixed with salt until doughy can increase earthing efficiency up to 300 percent. In this case stainless steel pipe would have to be used to avoid corrosion problems.

Although energiser voltage has doubled from 5000 to 10,000 volts in the last 12 months, the extra voltage does not make as much impact on fence performance as the energy or joules the unit produces. Energisers are available from a 2 joule unit, enough for 20 km of fencing, to the most commonly used unit producing 5 joules and a model shortly to be released for large landholders which will put out 24 joules, enough for over 100 km of wire.

Most problems with energisers occur in the main power board. Some energisers are now fitted with a radio frequency module so they can be mounted beside a telephone or radio without causing interference. This is easily unclipped from the energiser when it needs to be replaced.

When first starting your electric fencing it is a good idea to run an electric wire parallel to an existing boundary fence, but it is vital to offset the powered wire from the old fence so animals do not put full pressure on it before getting a shock. Ensure that pre-formed spring-steel offsets are used for maximum strength, then earth the old fence well to ensure maximum effect.

It is important to decide whether a fence will be permanent or temporary. For those wanting a temporary solution to a stock-holding problem, fibre-glass posts with wire loops and a push-in spike moulded into them are available. These have only an expected life-span of 5 years due to the effects of ultra-violet light. They must also be handled carefully on cold mornings as they become brittle. Permanent fences require steel posts.

GROWING AND USING VANILLA

by Isabell Shipard, Nambour, QLD.

Pure vanilla essence is made from a rare and beautiful yellow/green flowering orchid, native to Mexico and Central America. The part of the plant used is the bean or seed pod, which sets after the orchid is pollinated. Vanilla is an ancient spice which has enjoyed an amazing reputation as an aphrodisiac and as a medicine as well as a flavouring agent. Recent research in the food industry has found that pure vanilla extract not only blends well with fresh fruits and fruit compote but also has the power of enhancing the natural sweetness of fruits, so that prepared foods do not require as much sugar, which means fewer calories.

Vanilla is in great demand in Europe and other countries, especially as people are becoming very wary of artificial flavourings and additives, and are swinging back to natural products. Artificial or synthetic vanilla can be obtained from sugar using an electrolytic method, also from wood pulp, waste paper pulp, oil of sassafras and coal tar, tonka bean, and a distillation of clove oil. Some synthetic vanillas have been found to contain a high level of toxicity and their use in foods has been barred in the United States. In Australia we still see several brands of artificial vanilla on supermarket shelves, in fact it is often difficult to find a brand that is pure vanilla, though vanilla pods are sometimes available in health food shops and delicatessens. Also, Australian regulations are rather misleading. For instance Rawleigh's brand is made from the vanilla pod, but because liquid is added to make the essence, it cannot be marketed as pure and on the bottle it reads 'imitation'! Perhaps the only way you can be sure of real vanilla is to buy the bean or grow the plant.

GROWING VANILLA

There are several varieties of vanilla, but *Vanilla planifolia* is the primary species of commerce. The vine has fleshy stems, succulent leaves to 12 cm (5 in) long distributed singularly and alternately along its length, with aerial roots from the nodes opposite the leaves. The yellow/green orchid flower clusters can have 15-20 buds and are approximately 6 cm (2½ in) long. The fruit is thin and pod like, from 15-24 cm (6-9½ in) long and triangular in cross section. Vanilla is cultivated commercially in Mexico, Tahiti, Fiji, Java, Zanzibar, Puerto Rico and parts of Asia.

As vanilla likes a soil rich in organic matter and humus, a mixture can be made up or an orchid mixture used. There are several methods of planting vanilla for home gardeners. In warm climates, Queensland and any frost free areas, vines can be grown either on a support tree (a small leafed legume tree could be suitable) or in a large tub or pot with a 2 m (6 ft) stake, piece of mesh or lattice work imbedded in the tub to train the vine on. The tub could be placed in the shade house, on a warm verandah, sunny window or porch. One home grower wrapped a length of hose with osmunda fibre and tied the vine along it and hooked the other end of the hose overhead in the shade house. Some growers train the vine up shade house supports. In the cooler climates of southern states, vanilla would need to be grown in a glass house, frost free position, or a warm sheltered area or window. During the winter months the leaves can look a bit mottled and yellow. Do not overwater, as during



the colder months the vines slow down in growth. Fertilising can be done in spring and late summer with liquid fertiliser, seaweed fertiliser, rotted manure or NPK fertiliser.

At 2½-3 years the vines should be tip pruned to induce flowering. Axillary buds develop into lateral branches and on these the inflorescences (flowers) bloom. The flowers on each inflorescence may have 15-20 buds opening over a period of a month, and all are potentially capable of setting fruit following successful pollination. Natural cross pollination by certain insects and humming birds occurs in Central America, but elsewhere hand pollination is necessary for vanilla pods to set. In the first season 100 to 150 flowers may be hand pollinated to set pods, with an annual yield increase, and vines can produce heavily for 7-8 years. Healthy vines may bear as many as 1000 flowers, which only last one day. Watch for developing flowers, so that you do not miss the time for pollination.

Early morning is the best time for pollination, before the mature flowers are quite open. The fleshy lip or rostellum which lies between the male and the female organs of the flower (clearly seen as an off-white flap protruding forwards from just below the 2 pollen masses) needs to be lifted with a toothpick or sharp fine stick, so that with the middle finger of the other hand the pollen grains from the anther (male organ) may be smeared or shaken onto the stigma (female organ).

HARVESTING AND PROCESSING

Pods mature in 4-9 months, and are picked just as the first 1 cm (½ in) of the bottom end of the pod changes colour from green to yellow. Only then is the first aroma of 'vanilla' detectable as the glucoside content of the seeds and resin begins its conversion into the essential oil known as vanillin. The vanilla odour gains intensity as the process of fermentation continues with beans drying.

There are several methods of treating pods. Some are first dipped in hot water from 57-88°C (135-190°F) for 2-3 minutes, and then sweated and dried. Another method is to spread the pods on trays in the sun to heat for 2-3 hours and then fold them

in blankets to sweat until the following morning. This process continues until the beans become pliable and are deep brown. The pods are then further dried in well ventilated shade or drying rooms for 2-4 weeks.

WAYS OF USING VANILLA

- Vanilla essence can be made by infusing the bean. Boil a cup of water in a saucepan, remove from heat, and drop in the bean. Infuse for 20-30 minutes. Remove bean, dry and store away for future use. Vanilla pods can be used this way as an infusion many times before the flavour begins to diminish.

- For vanilla sugar, fill a bottle with castor sugar and push in 1-2 beans, screw on the lid and leave till flavour permeates the sugar.

- Vanilla is the universal icecream flavouring and is also used in cakes, biscuits, puddings, drinks, cream. It will enhance the natural flavour of chocolate and coffee.

- Vanilla pod crushed up is a beautiful ingredient in potpourri.

- Have trouble catching the elusive mouse in the house? Try baiting the trap with a drop of pure vanilla essence on a tiny piece of bread.

- Have a strong odour in the refrigerator? Wash out refrigerator and place a teaspoon of vanilla essence on a small lid or saucer to get rid of unpleasant odours.

- Vanilla is used in perfumes, scented note paper, cosmetics, tobaccos.

- Vanilla is used to flavour and mask unpleasant tasting medicine and has also been used as a herbal remedy, as it possesses similar powers to valerian (used for calming, a sedative, for cramps, fevers, nervous problems). Vanilla was once a poison antidote.

- Other uses of the vanilla species include roots for basketry in the Philippines, stems and leaves as a hair tonic in Malaya, the roots of an African species to make fishing nets and guitar strings.

Vanilla must surely be the most popular flavouring the whole world over.

Vanilla plants are available from Shipards Herb Farm, Windsor Rd, Nambour, Qld. Ph: 071-411-101. Write to Isabell Shipard, Box 66, Nambour 4560 for more information on growing and using vanilla.

DETER MOTHS

Dried orange and lemon peel or Epsom salts sprinkled in drawers and cupboards will deter moths.

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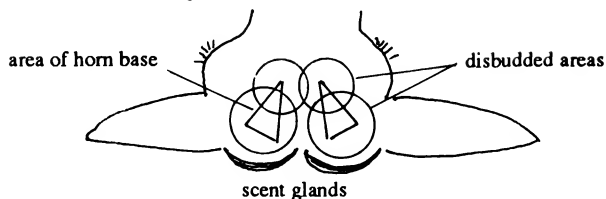
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Disbudding Goats – *continued from page 37.*

Site for disbudding



bucks do have scent glands elsewhere. Also does like the smell, to the extent that they may refuse to stand for a deodorised buck, especially if a smelly one is around.

If your vet performs the operation, he may prefer to surgically excise the area. Adult goats may be surgically dehorned when fully grown, but that's another story, and a major operation. Adults, or kids with a fair amount of horn growth, may also be dehorned using elastrator rings. A couple of nicks are made in the horn at scalp level and several rings applied. This method may be painful and takes weeks to work, whilst the ring cuts off the blood supply. There is also some risk of severe bleeding if the partly-dead horn is knocked off during the process, and infection may occur.

The moral is – do them as small kids!

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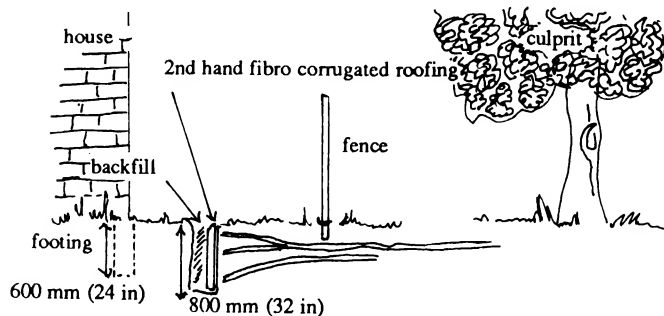
CONTROLLING TREE ROOT GROWTH

by Mish & Shobek Eli, Rocklea, Qld.

I read about Jeannie Caudell's problem with roots from her neighbour's camphor laurel tree undermining her house (GR68, p.11) and thought I'd share one way of dealing with it.

I subcontract a backhoe to the Brisbane City Council. The Parks Department often borrow me and my machine to correct situations such as you describe, Jeannie. In the past we have dug a trench in front of the structure we wished to preserve. My smallest bucket is 300 mm (12 in) wide but if you were doing it by hand I would make it as small as possible but still at least 100 mm (4 in) wide for comfortable excavation. We dug to a depth of 800 mm (32 in) and placed in the trench some of that old fibre cement corrugated roofing, overlapping about 3 corrugations, so as to form a wall between the building and the tree. If you used roofing iron I couldn't say how long it would work but it would work for quite some time.

If there are no more roots at 800 mm (32 in) depth it should be OK to stop at that depth. If still more roots, keep going deeper till roots end. Root depth would depend on rainfall, type of soil, tree type. Perhaps the forestry department would be able to give you this info. Best of luck. As you say, it would be a shame to destroy the tree.



DISBUDDING GOATS

by Gaille Abud, Hurstbridge, Vic.

Horned dairy goats are rather a disaster. It's risky running horned with non-horned as the former have a devastating advantage if they are at all aggressive, and with an all-horned group the risk of injury to stock or humans is high. A goatkeeper I once knew suffered from chronic bruising around the hips and thighs, collected from mere good-natured jostling at feedtime, to the degree that her doctor enquired if her husband was beating her! A buck with horns is a lethal weapon. Farmers dehorn dairy cattle because of the risk of injury, and goats are much more active than cows. One sight of a belly slashed open or a ripped udder would convince anybody.

Dairy goat keepers are stuck with the problem of horns. In the short term it's quite easy to breed polled (that is born without the ability to grow horns), but polled goats have an associated problem of hermaphroditism, or intersex (neither male nor female) kids. Two polled parents have about 6/1 odds against producing intersex (D Mackenzie, *Goat Husbandry*, 3rd edition, page 226). Two polled parents usually have polled progeny; two horned parents usually have horned progeny; and one of each can produce either.

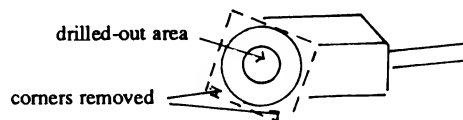
It's a good deal harder to remove horn buds in kids than in calves. Caustic doesn't work at all and calf dehorners are rarely adequate. This may be because a large enough area is not treated – goat horns are triangular at the base, not round as in cattle, and any missed 'corners' of growth, often the forward edge (see drawing later), can grow as a scur. A badly disbudded animal can have twisted scur growth penetrate the skull or eyes.

You can tell the horned or polled status of a kid at birth. With your finger, move the skin on the skull where horns would grow. If the skin moves freely the kid is polled; if it is fixed to the skull at one point, it is horned. The hair also tends to grow in typical patterns for horned or polled but this is not entirely reliable. Occasionally you may get oddities – an apparently polled animal may, as it gets older, grow small loosely attached horns, or horn tissue may grow elsewhere on the body. I don't know the genetic status of such animals.

If you need kids disbudded, an experienced goatkeeper may be better than an inexperienced vet. There's a potential problem here with the humane aspect, and in fact in the UK it's illegal for anyone but a vet, using a local and/or general anaesthetic, to disbud kids. My impression is that although the operation may be rather horrifying to both participants and onlookers, it's over very quickly and the kid rarely suffers any visible ill effects. It will happily take its bottle or suckle the dam. An anaesthetic can leave a kid (or adult) off colour for days. Watch the procedure a few times before attempting it yourself. I wouldn't even include a description here except that there are goat owners who are geographically disadvantaged and must either do their own or provide information to their vet.

Kids should be done at about 3 days old, though this varies a bit with size and sex of the kid and degree of horn growth. If left longer, especially with bucks, it may become much harder to do a good job because the area involved grows so fast and the skin is much thicker; and because the operation is more extensive it's much harder on the kid. Anglo-nubians tend to have weaker horn growth than Swiss breeds.

The aim is to destroy the blood supply to the horn by removing the surrounding full thickness of skin, but the bone underneath must not be damaged as it may die and later disintegrate, and perhaps a bone infection (osteomyelitis), which is serious and hard to treat, may set in. A modified, standard sized copper soldering iron is a very good tool; it heats quickly and holds the heat well. The corners need to be filed off or they may dig in, especially near the kid's eyelids; and the centre needs to be drilled out at least 6 mm ($\frac{1}{4}$ in) deep and 12 mm ($\frac{1}{2}$ in) in diameter. (This is to go over the horn bud; remember the aim isn't to burn the bud but the surrounding skin, rather like ringbarking a tree.)

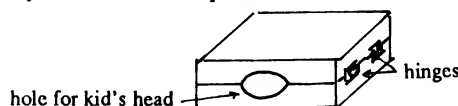


Have the iron at cherry-red heat – a blowtorch will do the job; and clip or shave all hair near the area to be treated. You don't want a general conflagration of hair, and also it will absorb heat that is needed to remove the skin. Older kids may need to have horn growth cut off level with the skull before disbudding, if it is long enough to prevent the iron contacting the scalp.

I lie kids on the ground with all their legs backwards, and straddle them.



Some people use a box, rather like putting the kid in the stocks. Whatever method you use, the kid must be firmly restrained; and be careful of its eyes and your helper's knuckles if you have another person to hold the kid.



Apply the hot iron to the area and roll it to get good contact with the rounded skull. When the whole area is copper coloured and the skin thickness removed, it's done. It may take about 10 seconds for each bud, but the appearance is a better guide than relying on time. Beginners tend to be cautious rather than radical, but don't overdo it. Occasionally a tiny vein or artery may bleed. A touch on the spot with the hot iron should stop this, or firm pressure for a few minutes with a finger or a small pad.

Don't apply oils, creams or dressings. The area is dry, clean and sterilised already, and will heal much better if left alone. When the scab comes off about four weeks later, examine the area for scur growth and re-do if necessary. Growth that appears at about yearling stage should not cause problems.

When doing bucks, apply the iron also to the area in front of and central to the buds. This should prevent the forward edge of the horn triangle from growing. You may also want to deodorise the buck by removing the scent glands; however

Continued on page 36.

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them in to Livestock Advice Page, Grass Roots, PO Box 764, Shepparton 3630.

I would very much appreciate any advice on the cheapest incubator I can get to hatch Pekin duck eggs, apart from Muscovy ducks. From what I have read the cross will be sterile, is this so?

Pat Lever
Upper Swan 6065.

To our knowledge the cheapest incubator is made by Bellsouth. It is a still air incubator and so ideal for duck eggs. An 80 page mail order catalogue with information on incubators and other poultry products is available for \$4 from Bellsouth Pty Ltd, 140 Colby Dve, Belgrave South 3160. The Muscovy duck originates from a different family than other domestic ducks and so crosses between them will produce sterile progeny. This does not mean the Muscovy duck will not go broody, just that the ducklings are incapable of reproduction. Muscovy ducks will sit on eggs from other breeds of ducks, and even turkeys, and hatch them successfully.

I want to breed Silver and Golden Pheasants without the use of an incubator. I have some Silkie bantams I can use as broodies but would appreciate any tips on hatching and rearing.

Debbie Willett
Fernvale 4306.

Silkies, which incidentally are not bantams but classed as large fowl, make excellent mothers. You may need to trim long feathers around the legs and upper thighs as chicks can get caught up and strangle in the Silkies' unique feathering. A Silkie or bantam breed is ideal as neither are too heavy for the pheasant eggs, which may crack under heavier hens. Natural incubation is preferred by many breeders as 'crooked toe' does not occur - chicks incubator hatched frequently suffer this deformity which is thought to result from incorrect humidity.

Set 4-5 eggs under each Silkie (who must be free from lice as pheasant chicks are very susceptible) and if hatching occurs during a hot dry spell, sprinkle eggs daily with tepid water. Like turkey poults, pheasant chicks may contract blackhead (see GR 46 and GR 62) and it may be wise to use a commercial preventative for the first few weeks. Crushed garlic is successful after that. Excellent advice and reading can be obtained by joining the Pheasant and Waterfowl Society, RMB 3140, Euroa 3666. It has active state branches and provides an informative monthly newsletter.

You will need a pen or coop of very fine wire mesh to prevent young chicks squeezing out and becoming lost. Ensure too you have a shallow water bowl to prevent drowning.

We've been raising a pig and recently she went off her food and was scouring. One of the local farmers who happened to call said it may have been due to her mouldy bedding. We cleaned out a couple of farmers' haystacks in return for the few bales that were left and have kept the best for bedding in the pig and goat sheds. The goats don't nibble theirs but Polly does, and it was suggested it may be toxic. Any thoughts?

Duncan Lovett
Taree 2430.

Anything mouldy eaten by livestock and even poultry can be harmful as they are ingesting not just the mould fungi but also

toxins produced by it. Called mycotoxins, they can cause a broad range of effects, both acute and chronic. Although pigs are considered to be able to eat anything, do not feed or allow access to mouldy grains or hay. If they do ingest suspect food, keep them in a warm dry place and watch closely. There is no specific treatment although massive doses of vitamin E may be worth trying, as too intravenous injections of calcium borogluconate. It would be worth reading the section on Mycotoxicoses in Pigs in 'Diseases of Livestock' by T G Hungerford. See if your library will get it in for you.

The Livestock Health and Management page has received several general enquiries for natural health solutions to common health disorders and parasites (including flies, ticks and lice) in both sheep and cattle. We would appreciate hearing from anyone with remedies to share.

Several natural remedies for livestock came to light at the recent Organic Food Production Conference at VCAH Burnley, Victoria, organised by ORGAV. Worms in cattle may be controlled by providing a feed of carrots from time to time. One organic farmer fed his neat, another mixed carrot pieces in with a grain and pellet ration to encourage the cows to eat them. External parasites were found to be controlled by providing an area of sand in cattle paddocks for the stock to roll in. Dolomite added to the sand became easily distributed over the body during rolling, giving greater deterrent effect.

Books which may be useful to animal owners include:

The Natural Cat, N Eckroate & A Frazier, published by Thorsons Publishers, UK, 1982. See if your library can get it for you.

Keeping Livestock Healthy - A Veterinary Guide, N B Haynes, Garden Way Publishing, USA, 1978. From second hand bookshops or the library.

The Raystede Handbook of Homoeopathic Remedies for Animals, M Raymond-Hawkins & G Macleod, published by C W Daniel Coy Ltd, UK, 1985. Available in some alternative bookshops.



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SPRING SEEDS WITH A DIFFERENCE

Despite the multicultural make up of our society most of us are guilty of sticking to the types of vegetables we ate as children. Certainly we eat alfalfa sprouts, cos lettuce and red cabbage but, as Digger Seeds wrote in their latest catalogue, 'with thousands of edible plants to choose from why does 80 percent of the food we eat come from less than a dozen plants?' One of our aims in initiating a regular 'seeds' page has been not just to introduce new varieties of favourite vegies but to make known some of the grains and vegetables which have become available over the last five years that many people may not be aware of.

INTERESTING VARIETIES TO TRY

Asparagus Pea or Winged Bean

Kings Seeds list a variety that matures in 80 days and produces highly decorative red pea-like flowers. These develop winged pods that are delicious to eat and combine the flavours of peas and asparagus. Phoenix Seeds carry a slightly different variety which they describe as a tropical plant suitable for cool areas. Sown spring/summer, the whole plant can be eaten – young leaves and shoots, pods (when about 2.5 cm/1 in), tubers (use like potatoes) and even the ripe seeds can be roasted.

Amaranth

This species has been known and grown for centuries for its nutritious leaves, high protein seeds or ornamental flower heads. Diggers Seeds carry both the leaf and grain varieties, as does Phoenix Seeds. The grain amaranth is a fast growing, highly productive plant (a number of varieties are available) which produces a crop rich in lysine and calcium. Seeds grow on red or golden seedheads and when harvested and toasted can be milled into flour or boiled for cereal. Leaf amaranth is a popular third world crop with nutritious leaves rich in protein, vitamins and minerals. They taste not unlike spinach (it is often called Chinese spinach) and even the stems are edible. A fast growing plant, it is drought tolerant once established. Diggers and Phoenix Seeds carry leaf amaranth, as does Kings Seeds, the latter listing a red leafed variety.



Strong healthy example of grain amaranth

Vegetable Spaghetti

This unusual member of the cucurbit family is usually steamed or baked whole and then cut in half. The flesh appears as spaghetti-like strands and is delicious mixed with butter and seasoning. Specialty Seeds have a variety that produces marrow-like fruits about 20-25 cm (8-10 in) long, and Kings

Seeds one that resembles a plump, oval squash. Vegetable spaghetti is grown in spring/early summer like other members of the cucurbit family.

Mesclun

This is not an individual variety but a mixture of herb and salad greens popular in south-east France. This spicy mixture contains curled endive, corn salad, rocket, chervil, cress, mizuna, chicory, oakleaf and more. Seeds are scattered in wide rows for ease of harvesting, which must be done when plants are young and tender. Mesclun is available from Kings Seeds. A 'Continental' vegetable pack containing red chicory, corn salad, celeriac and early purple sprouting broccoli is not dissimilar, but of course the broccoli is best planted summer onwards. This pack can be obtained from Thompson and Morgan.

Mustards

Mustard seed as used in prepared mustard is easy to grow and a must for those already producing their own meat. Seed is planted in spring after the last frosts and harvested when plants are brown. Plants are cut and stacked to dry and threshed by rubbing. Tinley, a yellow seed variety as used in English and German yellow or white mustards, and Burgonde with small brown seeds and popular with French mustards, are carried by Kings Seeds. Tinley is also available from Phoenix Seeds.

Suppliers

Diggers Seeds, Heronswood, 105 Latrobe Pde, Dromana 3936.

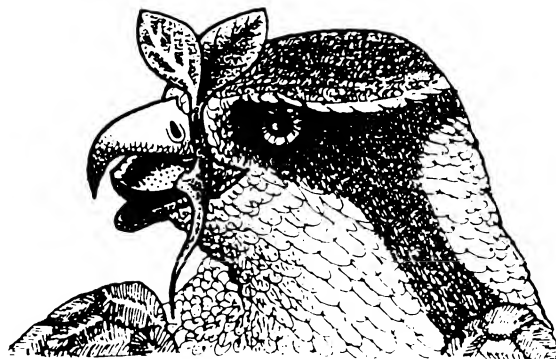
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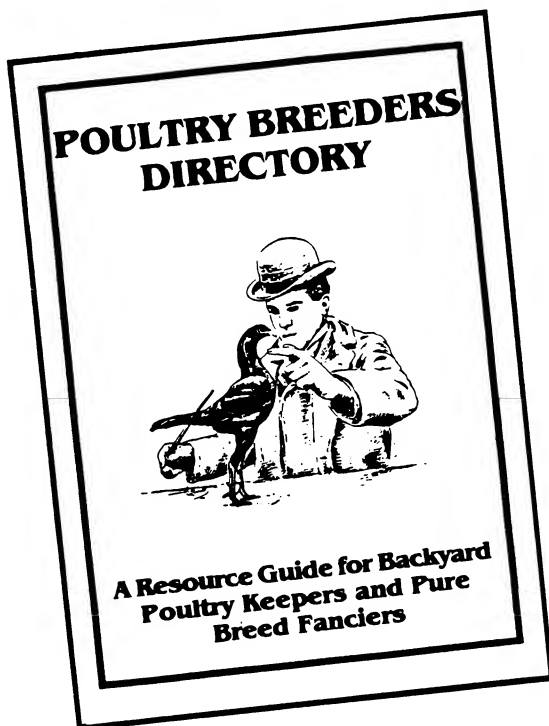
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* The Poultry Breeders Directory costs \$5.00 and is available from: Night Owl Publishers
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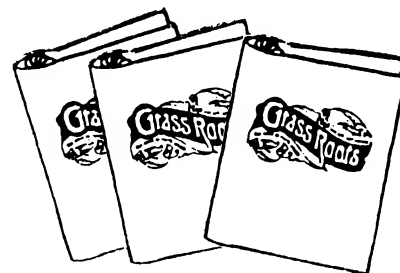
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Grass Roots Binders

These are made from tough, dark brown vinyl with a white logo. They hold 8-10 magazines as well as *The Early Years* and any of the *Companions* or *Bumper Book*. An ideal way to keep your library together and prevent the neighbours pinching your back copies. Price \$9.95, includes post and packing, from Night Owl Publishers, PO Box 764, Shepparton 3630.

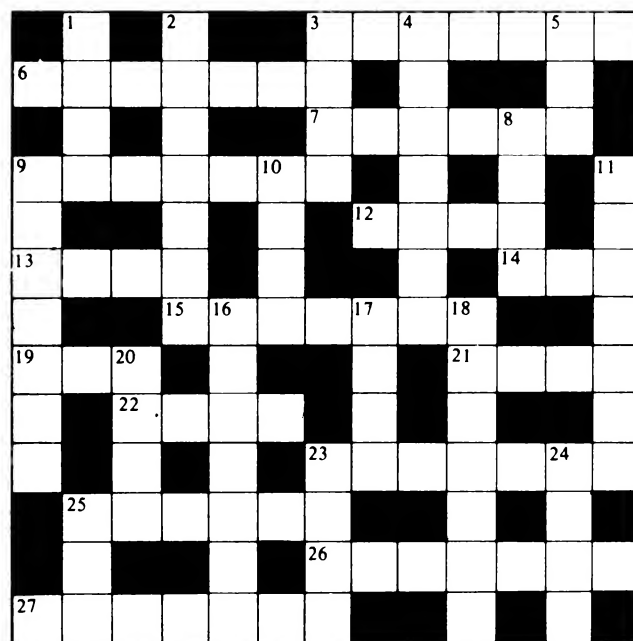


CRYPTIC GRASSWORD

by M. Riley, Newborough, Vic.

- Across
3. Increase of age (7).
 6. Pay so much a head (7).
 7. Lately off centre (6).
 9. Orchestra comes to age for dressing (7).
 12. Till not the soil (4).
 13. Watch wound carefully for this (4).
 14. Negative in camera, no (3).
 15. Underline he is not awake (7).
 19. Steal battery and cup (3).
 21. Hem could be an advantage (4).
 22. It would be rash to change cane (4).
 23. Shield would suit knight (7).
 25. Goes to blazes (6).
 26. Gather a band on leave (7).
 27. He controls runner (7).

- Down
1. Goes in ahead (4).
 2. They make a light cake (7).
 3. We are past the wolf (4).
 4. Makes cross in the temple (7).
 5. Quite a number at the auction (3).
 8. This time no holding on (4).
 9. Hit and run driver (7).
 10. Passed by left side (4).
 11. Makes light work of guns (7).
 16. Found on flight but not take-off (7).
 17. Have a run in with a cougar (4).



Solution on page 65.

18. Back on horse (7).
20. Mix a gin for profit (4).
23. Fruit inside disappeared (4).
24. Beast in the pavillion (4).
25. Vera content for a time (3).



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Poetry

TREECREEPER

Like reaching clematis
The treecreeper spirals
Around and around
From the loins of the tree
To the fringe of its crown
Probing, spearing,
Trying, gleaning –
He is the great forest
Contract cleaning,
The shadow on trunk,
The haunter of bark.

Dark back, white throat,
Flash of orange underwing,
He is wary of the ground,
Is bored by limb
But loves to wind from butt to crown
Then dart again and gliding down
To rebegin ascending,
Coiling as he clings
And quietly wends a thousand stairs
Weaving through the forest.
Francis Healy.

ANOTHER CHANCE

A shaft of sunlight
Streams through the clouds
The light of life,
Shines again
A new day has begun
Another chance
To repent and set right.
Michael Knights.

IT'S RAINING AGAIN

The four of them sat
Furry faces all glum.
It's raining again
Oh rats, what a bum.
We want to go out
It's boring in here.
There's things to be done
But the weather's gone queer.
It's rained and it's rained
For a whole flaming week.
It seems like a month
Since the sun took a peek.

Hey, look there's a spider
Is it inside or out?
Get out of my way
While I give it a clout.
Now look what you've done
You squashed it quite flat
Quick, push it down here
And then under the mat.

We rearranged the flowers
And the cupboard in the hall.
Then played a game of soccer
With that nice, big woolly ball.
We made paper patterns
And lots of confetti too.
Do you think mum's going to notice
There's no paper in the loo?

Oh, oh, here she comes
Into our basket we creep.
By the time she gets in
We'll all be asleep.
Who? Us, mum? We didn't
We defended the house.
Honest, no kidding
From a huge killer mouse.
Jan Atkinson.

FOR THE LOVE OF MAN

Granted one wish with a magic wand,
With hopes and dreams of sage or seer,
I wouldst unite the people of this land,
To forever arrest both doubt and fear.

This wish ancient as the desert sand,
All races and creeds be forced to adhere,
United in peace, one flag to stand,
From this our path not one to veer.

For the love of man together we'll band,
Though some may praise and others jeer,
With black and white both hand-in-hand,
Our future peace wouldst be thus clear.
Robert Edward Wheeler.

SINCE WORLD WAR II

(helpless then and now)
What can we say when anguished youth
Asks what the old have done;
Will we say they fought a war
Where countless died, for fun?

Or will we say they fought for truth
And those ideals of yore;
But indeed if that is so
Why glorify the war?

Then again will we reply
'That you might live, they died';
When thousands, young and unemployed
Their 'gift' have been denied?

And finally will we admit
That they were played as pawns –
The wealthy comen got the rose,
They only got the thorns!
Peter Harding.

HIGH MORNING MIST

Peering out
Unsure of what to see,
Yet knowing what is there.
Swirling wisps of maidenhair
Silversmoke.

Lifting eyes to strain against the haziness
Unable to perceive distance or time.

Morning light
Straining against unyielding vision
Sounds that echo
Too vague to know.

Mists that rise and fall
Daintily
Clouding my perception
Clouding the birth of a day.

Karen Ashdown.

SPRING VIEW FROM ABOVE EYE LEVEL

Even in corners of sky there are cobwebs
Sun has unbogged itself
From the deep ruts of winter
With every journey it gathers strength
Clouds tear on branches like tissue paper
Each leaf is a musical note
Birds pass through their invisible landscape
Returning from exile
And mosquitoes draw a blooded sunset.

Jules L Koch.

YOUNG BOY

Entranced by Nature he sits alone
Upon the grass by a creek near home,
His eyes watching the silent water –
Held fast by Old Riverman's daughter
Whose flashing smile spins dazzling bright
Reflected images of watery light.

A young boy of three or four,
His mind reaching out more and more –
Where does the wandering stream begin,
Up the way where bellbirds ring?
What bird utters those lonely cries
Above the heavens where it flies?

He sees the guppies slip and slide,
Or under ledges dart and hide...
There is so much for him to do,
So much yet to see...

As I stole by he did not see,
For I am the man one day he'll be...

Stephen Legge.

LITTLE VOICE

(in connection with nature's cure)
Poor little voice
There is no choice
You have to bear it
And have no fit.
But a few days it will last
If you quietly rest and fast
Then again you'll be heard
Loudly singing with the birds.
Veronique Gledhill.

SPRING SERENADE

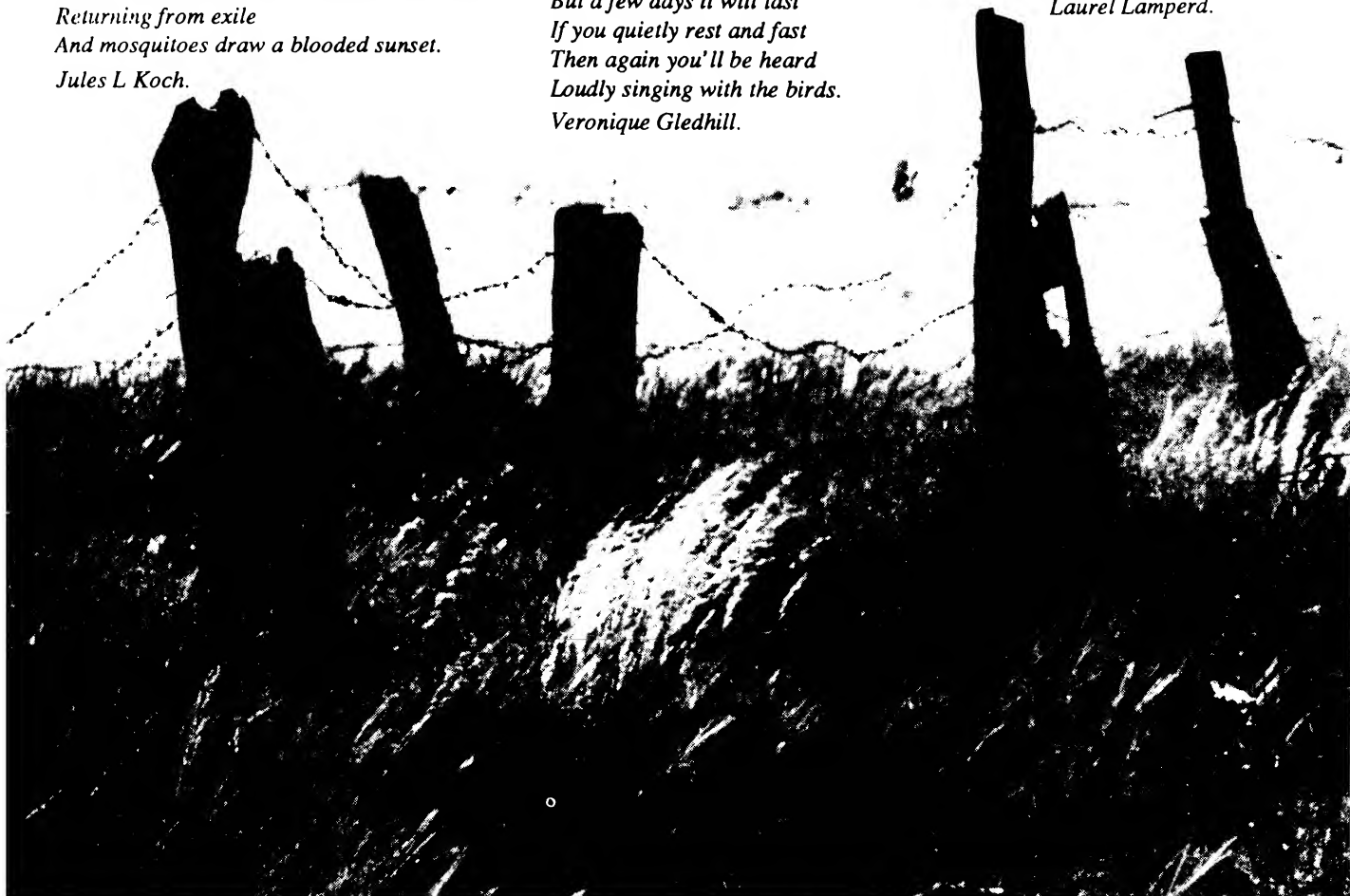
Blackbird on the apple tree
Perched on blossomed spray,
Sing your joyful melody
Bid the world be gay.
September's herald mounted high
Silhouetted 'gainst the sky,
Playing on your flute of gold
Music that you learned of old,
Echoes of the pipes of Pan
Older than the songs of man.
Blackbird on the apple tree
Greet the waking day.

Jim Reed.

WHALES

Up onto the beach
They came, flinging
Themselves into oblivion.
Willingly answering
The call of some
Wounded companion.

Did past memories
Stir in that place,
Of men and destruction?
Not willingly they
Came, that time.
Laurel Lamperd.



Kids Pages

Dear Kids,

I'm frantically busy at the moment – we have so many projects to finish it's not funny. The holidays are nearly here though and I can't wait. Megg and I have decided to start on a patchwork quilt which should be fun. We've been looking in fabric shops with lots of arguing etc but once we get matching patterns and colours we'll be right.

I'm planning to spend some time with friends too, if they're well enough! There's been a flu epidemic at school, only 15 out of 25 kids at class last week. Nearly everyone in the boarding house has been sick as well, and I've had it for weeks.

We're going to have some fun next week as it's Suzanne my friend and roommate's birthday, poor girl. Birthdays are a trial at the boarding house what with the powder, water and shampoo (yuk). When we were in Year 7 my friend Anna and I decided to give Melanie, a roommate, a little birthday surprise. We crept up to her bed at midnight and powdered her thoroughly. She was very unimpressed and threw every article on her bedhead at us plus some scathing insults as she stormed off to the bathroom, leaving a white snail trail behind her. We collapsed on the floor and giggled helplessly for hours. I've got a birthday coming up but you can guess how pleased I was to find it fell in the hols. Phew!

I've just spent a weekend at home and the weather was lovely. I was starting to think the rain was going to last forever but no, the sun has burst through, there are blossoms on the trees and some of Megg's chooks are going broody. Spring is here at last. Hope it's nice where you live.

Love, Suni.

Dear Suni and Kids,

I always read the Kids Pages and last week Thomas and I made the grilled bananas (from GR 72). They were really easy. We are going to make them for sweets one weekend when Grandpa and Grandma come. Our yard is very muddy because we have had lots of rain and we can't ride our bikes. We were bored, bored, bored then Mum got out *Grass Roots* and we made some things and read out the jokes. I hope we can ride our bikes again soon.

Tracey Lee
Toowoomba.

Dear Suni,

We have some Silkies at home and want them to have chickens. We have a rooster and two hens and I look after them. I feed them and see they have fresh water, Mum said to ask you what else I have to do.

Anna
Cessnock.

Anna, your Silkies will know all about laying eggs and sitting on them for three weeks till the chicks hatch. You will have to see they have a nest with straw in it, and that the broody hens get up every second day and have some food and water. They also may want to have a dust bath to keep clean. After the chickens hatch keep the drinking water in a shallow pan (so they don't drown) and see they are protected in a coop or yard from cats and dogs. Good luck with your chicks.



OUR COW *Junie Moore.*
Daisy is a good creature,
Though someone should teach her,
To eat up all the food
Is very rude.
She is shaped like a pear,
But Daisy does not care.
I think she is nice,
But she eats like a poltergeist.
That is all I know,
So it is time to go.



BOOK REVIEW



Sam's Garden by Jadwiga Mary Clark. Hard cover, colour, 32 pages.

Sam was a city kid, perfectly happy living in a big block of flats and playing with her friends and riding her skateboard in the streets. But then her Nana died and her parents decided to move into Nana's old house in the country. *Sam's Garden* describes what happened to Sam in this new and unfamiliar environment – how she met an unexpected and rather peculiar friend, learnt to grow things and get to know the bush birds. In fact living in the country became a lot of fun.

Sam's Garden will delight the littlies with its vibrant illustrations and also appeal to mid primary age readers with its simple but interesting story. More importantly, it encourages children to garden and explore the earth and to think of plants and vegies and flowers as living things, to be cared for and respected.

Published by Hyland House and distributed by Lothian Books, 11 Munro St, Port Melbourne 3207. RRP \$16.95.

Why is it hard to talk with a goat around?

Because he keeps butting in.



Knock, knock.

Who's there?

Amos.

Amos who?

Amos-quito just bit me!



COOKS CORNER

SOY-COCONUT BISCUITS

- 125 g (4 oz) butter or margarine
- 2 tbsp honey
- 1/2 cup raw sugar
- 1 egg, beaten
- 1/4 cup boiling water
- 1 flat tsp bicarbonate of soda
- 1 1/2 cups rolled oats
- 1 cup coconut
- 1/2 cup wheat germ
- 1 cup soy flour
- 1/2 cup sunflower seeds



Dissolve bicarb soda in boiling water and put aside. Beat butter and sugar with a wooden spoon until it becomes creamy, then add honey. Add the hot water-bicarb soda and mix well. Now add the dry ingredients, mixing them in with a knife (it's easier than a spoon). Combine well, then take teaspoonfuls out and form into small balls about the size of a walnut. Lightly grease a scone or biscuit tray with butter and place balls on it, allowing room for the biscuits to spread. Bake for about 18 minutes at 200°C or 400°F until light brown.



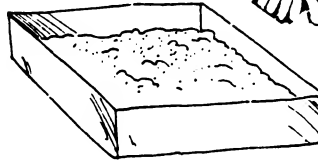
SAND DRIED FLOWERS

You will need:

- cardboard box
- sand
- freshly picked flowers
- scissors
- drinking straws
- string
- hobby glue

- Half fill the box with dry sand. Place it in a dry, well ventilated position.
- Pick some flowers with stems of about 2 cm (1 in) in length. Push the stems into the sand.
- Carefully sprinkle a thick layer of sand over the flowers. Make sure the petals are open and fill the spaces with the sand. Daisies are good flowers to start with.
- Let the flowers dry for 2 weeks, then carefully remove the sand.
- Glue each flower into a drinking straw, as shown, then bind it in place with string.
- Glue preserved leaves, or leaves cut out from construction paper, to the straw. Arrange in a vase.

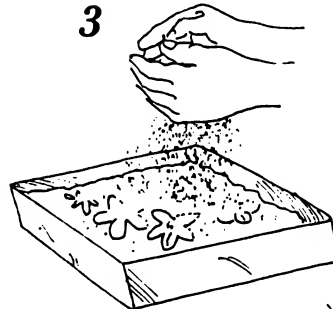
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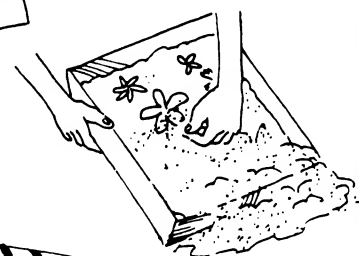
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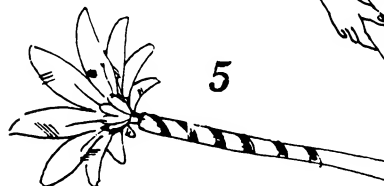
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4



5



BATHTIME FUN



BUBBLES AND FIZZ BUBBLE BATH

You will need:

- 2 tablespoons of glycerin (available at chemist chops and supermarkets)
- 2 tablespoons dishwashing liquid
- 1 teaspoon sugar
- a few drops of liquid food colouring
- perfume
- plastic bottle or jar
- bowl
- spoon



- Gently mix all the ingredients together then pour into a plastic bottle or jar.
- Turn the taps on fast to fill your bath. Slowly pour in the mixture.
- Now you can have a long, hot bubble bath.

BATH FIZZ

You will need:

- $\frac{3}{4}$ cup bicarbonate of soda
- $\frac{1}{2}$ cup cream of tartar
- 2 tablespoons cornflour
- screw top jar



- Mix ingredients together well. Store in screw top jar.
- Use a dry spoon to add several tablespoons of this fizz under the fast running taps as you fill your bath.
- You'll love this really fizzy bath. Add a few drops of food colouring and some perfume to make it even more luxurious.

These activities have been taken from a great little book called *Having Fun with Seeds, Dough and Things* by Melissa Davies and published by Bridgewater Books. RRP is \$3.95. Others in the series include *Sticks, String and Things*, *Paper Foil and Things* and *Cardboard, Card and Things*.

ISADORA

*Isadora, she thinks she's great,
Isadora's the one I really hate.
She looks across the classroom posh,
Then looks at me and says 'Oh gosh'
I pull a face the teacher spies,
She makes me have to write out lines.
So that's why, why I really hate ...
Isadora who thinks she's great!*

Kathy Sanders, Weetaliba, NSW.



Do you know what happened to the cat who swallowed a ball of wool?

She had miltens.

What kind of key won't open a door?

A monkey.

What do you call a sleeping bull?

A bulldozer.

While the Billy Boils...

The egg, with its high protein content, is the most versatile of all ingredients when preparing family meals. It is indispensable for anything from a simple breakfast to the most delicious lunch or dinner dish. Inexpensive too, especially if you have space at home to run several chooks to supply eggs for the family. For this spring edition we have collected some of our readers' delightful egg recipes for you to try out.

EGGS MANDALAY

- 2 med onions, chopped
- 2 cloves garlic, crushed
- 2 tsp fresh ginger root, chopped
- 1 tsp turmeric
- 2 tsp cummin
- 2 tsp coriander
- 1/4 tsp chilli powder
- 3 med tomatoes, chopped
- 1/2 cup water
- 6 hard-boiled eggs

Gently fry the onions until soft, add the garlic and ginger and fry, stirring, for another minute. Stir in the turmeric, cummin, coriander and chilli powder, stir over low heat for another minute. Add the tomatoes and water, cook over low heat, stirring frequently until tomatoes are soft. Put lid on pan and simmer for 5 minutes. Halve the eggs lengthwise, place in sauce and simmer until heated through. Serve with rice and chutney.

Barbara Dent, St Helens.

TOMATO/CAPSICUM TART

- 1 sheet wholemeal pastry
- 1 med onion, chopped
- 1 tbsp butter
- 4 eggs
- 1 cup cream
- paprika to taste
- 1/2 cup grated tasty cheese
- 4 capsicum rings
- 4 tomato slices



Line a 23 cm (9 in) flan tin with pastry and prick base. Line with grease-proof paper, fill with dried beans and bake in moderately hot oven for 15 minutes. Take out and remove the beans and paper. Gently fry onion in the butter until soft. Lightly beat together the eggs, stir in the cream and paprika, then mix in the onion. Sprinkle cheese over pastry base, pour in egg mixture, carefully arrange capsicum and tomato slices on top. Bake in a moderately hot oven for 25-30 minutes, or until set.

COTTAGE OMELETTE

- 1/2 cup cottage cheese
- 4 eggs
- pinch cayenne pepper
- 2 tbsp milk
- 3 tsp butter

Push cottage cheese through a coarse sieve. Beat eggs, stir in the pepper, milk, cheese and chives. Melt butter in 20 cm (8 in) omelette pan, pour half mixture into pan, cover and cook on moderate heat until mixture is set and lightly brown underneath. Turn out and keep warm whilst cooking second half. Garnish with parsley and serve immediately.

Millie Williamson, Mareeba.

GINGER SOUFFLE

- 90 g (3 oz) butter
- 3 tbsp flour
- 1 cup milk
- 1/2 cup sugar
- 1 tbsp brandy (optional)
- pinch ground ginger
- 1/2 cup crystallised ginger, chopped
- 4 eggs, separated
- pinch salt

Melt the butter over moderate heat and stir in flour until blended. Meanwhile, bring milk to the boil and add to blended flour, stirring constantly. Bring all to the boil again and stir until smooth and thick. Add the sugar, brandy and ginger, remove from heat and cool slightly. Beat the egg yolks into the milk mixture one at a time. Cool. Whip the egg whites with a pinch of salt until they stand in peaks, now fold into mixture. Place in straight-sided 8 cup ovenproof dish and bake in pre-heated moderately hot oven (190°C/375°F) for 35-45 minutes. Serve immediately. This is enough for 6 people.

Julia Simmons, Fry's Creek.

EGG/POTATO BAKE

- 4 lge potatoes, peeled and grated
- 1 med onion, grated
- 4 eggs
- 2 tbsp parsley, chopped
- 1 tbsp oil
- 2 tbsp butter
- salt and pepper to taste

Beat eggs, mix in grated potato and onion, parsley, salt and pepper and pour into a greased 23 cm (9 in) deep-sided pan. Melt the butter and drizzle over the top. Bake in a moderately hot oven for 45-50 minutes, or until top forms a golden crust. Turn into a warm dish, cut into slices and serve.

Chris Quinton, Redbank.

APPLE FLAN

- 250 g (8 oz) sweet shortcrust pastry
- 500 g (1 lb) apples
- sugar to taste
- 3 eggs
- 2 cups cream
- 30 g (1 oz) butter

Line 23 cm (9 in) flan ring with pastry. Peel, core and thinly slice apples onto pastry, sprinkle with sugar and place in pre-heated hot oven (220°C/425°F) for 10 minutes. Beat the eggs with the cream and add sugar to taste sweet. Pour the egg mixture over the apples in the partially baked pastry case and dot with butter. Turn down oven heat to moderate (180°C/350°F) and cook flan for 30 minutes or until custard is set.

Murray Allen, Ringwood East.

WHOLEMEAL SOURDOUGH BREAD

by Rob Smith, Ascot, Qld.

This is the most basic wholemeal bread and the easiest to make. In the more familiar 'added yeast' breadmaking, yeast is added to the flour. This yeast is a natural yeast that has been selected for certain characteristics, bred and packed (dried or fresh) ready for our usage. However, there is another, simpler method of making bread.

MAKING SOURDOUGH

Sourdough is the technique of utilising the natural wild yeasts present on the grain by allowing them to ferment naturally and thus rise our bread.

Basic Recipe

- 4 cups of fine fresh wholegrain wheat flour
- 1½ cups water (approx)
- pinch of salt (optional)
- oil and bran/extra flour for lining the baking tin

This recipe makes approximately a 750 g (1¾ lb) loaf. Add about one cup of water to the flour and mix it in well. Begin to knead, slowly adding more water, kneading after each addition until you have a slightly sticky dough. Roll into a ball and leave to 'stand' for 2-3 minutes. (This is to allow the water to fully absorb). Knead again until the dough has a 'soft gentle fluid' feeling as you knead – sort of rubbery. Only experience will teach you when the dough has reached this. Add more water only if it is too dry. I like my sourdough loaves quite damp but damp loaves do not keep as well as drier ones – personal preference. The more you knead the dough the more the gluten will develop and the dough will become stiffer to knead. I always try and knead as little as possible (I knead just to the point of the 'soft fluid feeling' – no more!).

Oil and bran/flour the baking tin, making sure to put a thick layer on the bottom (sourdough likes to stick). Bran is the best – dust off the excess after baking. Roll the dough into a cylinder the length of the baking tin and press lightly into the tin. Place a light damp cotton cloth (I prefer unbleached calico) over the dough and leave it to rise in a warm draught-free place until it has risen 1½ to double volume. This takes 2-3 days depending upon the temperature. A good place to rise a bread is in an electric oven that is turned off (not a gas oven), or inside a plastic bag.

When the dough is sufficiently risen, pre-heat the oven. Use the following temperature guide for baking:

- small electric oven at 220-230°C (425-450°F) for 45-60 minutes;
- large electric oven at 220-230°C (425-450°F) for 20 minutes and turn temperature down to 180°C (350°F) for a further 25 minutes (a total of 45 minutes);
- large gas oven at 220-230°C (425-450°F) for 20 minutes, and turn down to 160°C (325°F) for 25 minutes more (total 45 minutes);
- fan-forced oven at 220-230°C (425-450°F) for 15-20 minutes, then down to 160°C (325°F) for 15-20 minutes.

Each oven is different. The dial gives approximate tempera-

ture. By using a separate oven thermometer to tell you the actual temperature and/or with experience you will determine the correct time and temperature for yourself. To know if the bread is cooked: after 25 minutes you should be able to smell the aroma of baking and the crust will have turned golden brown. Bake for 45 minutes. Take from the oven and tap the crust. A well-baked bread will sound hollow.

Gently run a knife around between the loaf and the tin (the loaf may have stuck to the tin). Invert, the loaf will drop out. Place the loaf crust upwards on a rack to cool. When it has completely cooled, store wrapped in a dry cotton cloth in a cool, dry place or in a sealed container in the refrigerator. This bread is best eaten after it has been kept for 6-8 hours.

Variations

- Finely/coarsely ground wheat grain makes the dough quite wet.
- Some whole grain can be added (½-1 cup) – presoak the grain for a few hours beforehand.
- Mixed grain – exchange 25-30 percent of the wheat flour for flour of other grains/seeds/beans.
- If you grind your own flour it is possible to use up to 70 percent non-wheat flour mixed with a high-gluten wheat and still obtain the same rising qualities, by mixing the grains together before grinding. Grinding all the grains together results in a flour with a different nature than if the flours are mixed after grinding. Experiment a little.
- 100 percent rye, a traditional sourdough – add one teaspoon of caraway seeds, they complement its flavour.
- 100 percent brown rice flour – always use fine flour (rice is a gritty grain, cracked rice falls apart after baking). If you like natural yoghurt (particularly acidophilus) you will probably enjoy this loaf. Bake at about 210-215°C (410-415°F) – rice burns easily.
- 100 percent other non-wheat flours. The quantity of flour should be reduced to 3 cups. Other grains have little or no gluten and are unable to rise high, instead preferring to spread outwards something like a 'flat bread'. Expect the loaves to be 25-37 mm (1-1½ in) high. Reduce the baking time to about 30 minutes. These loaves usually crack across the top. Each grain and seed has its own flavour and each wild yeast has its own unique flavour too: rye is sour, corn is sweet, millet is bitter, rice is sour and lactic, oats bitter and bland.

Helpful Hints

A well-baked sourdough will keep for several days if properly stored. It does not go mouldy but dries out as it ages. If your bread becomes sticky inside after a few days it probably means it was not baked hot enough at the beginning of the baking. Breads baked from wholemeal flours must be baked hotter than white flour to bring out the wholemeal flavour. Sourdoughs also need to be baked a little hotter than added-yeast loaves to gain maximum flavour. Make sure too that the baking tin has the sides well oiled and a thick layer of bran/flour on the bottom.

Sourdough has a tendency to stick solidly to the tin and not release with baking. The higher the percentage of gluten in the flour the more it sticks. For the best quality sourdough bread the flour should be freshly ground, or be ground not more than 72 hours previously. If your flour is stale the loaf will taste stale. If the flour has been ground longer than this it is advisable to use a 'starter'.

STARTER

Traditionally a starter was used for making sourdough bread. One cupful of flour would be made into a dough and be put to sour (ferment) in a covered crock (made from china, stone or glass – not metal). When making bread the starter would be added to the fresh dough, kneaded in and an equivalent amount of dough would be put back in the crock to sour ready for the next bread. By this method, if you have a particular strain of yeast you like it can be kept ad infinitum.

A starter can also be made from cracked grain and water, bran and water, or flour and water. The disadvantage of these methods is that they should be used when fermentation is at a maximum or they tend to lose their strength.

Potato Sourdough Starter 1

A selected grain yeast on a potato base, this is the type of recipe usually found in recipe books. Scrub 1 medium potato well, boil until soft in excess water. Mash in the water you boiled it in. When cool add one cup of the chosen flour to the mixture. Put in a glass jar, cover lightly (keeps out other yeasts and bugs) and keep in a warm place for 2-4 days or until a good ferment is going. It is then ready for use.

Potato Sourdough Starter 2

This one uses the potato's own natural yeast on a potato base. Wash lightly a medium potato. Grate it finely, add 1/2 litre of previously boiled and cooled water. Put in a glass jar in a warm place, cover lightly. In a few days it will ferment and is ready to use. Often it will smell 'a bit bad' but it is probably OK unless it is mouldy. To improve this starter: boil a potato, when it is cool mash it. Tip the water off the fermenting raw potato, stir it in and leave to ferment. This culture will keep well in the fridge. Use in the usual way each time you make bread or you can keep some back and add to some more mashed potato.

Other Starters

For a beer sourdough, boil a handful of hops and add to a potato or grain starter. If you make your own wine or beer, siphon a little off to make a starter. Any fruit or vegetable juice can be allowed to ferment and used as a starter. You are only limited by your own imagination and tastes!

A good system when you make sourdough bread is to roll the starter for the next bread into a ball and put in a crock to sour. When it is fermenting well the ball of dough will have flattened, now put it in the crisper area of the refrigerator. There it will continue to sour slowly and will keep very active ready for the next bread. If bread is not going to be made for more than three days move it up higher in the refrigerator, or if for a longer time, seal it all in plastic and freeze until needed (allow time to thaw before using).

Using a starter considerably reduces the rising time. Usually it takes 12-18 hours, but in hot weather with an active starter it can take as little as 8 hours!

Once you have made a dozen breads by this method you

will have developed your own working system and thereafter it is 'second nature'. May baking your own bread become your own way of life.

Rob conducts workshops in Brisbane for people who wish to regain control of their lifestyle. The emphasis is on preparing fresh natural foods including a variety of grains and healthy alternatives to standard foods. For more information contact Rob Smith, 2/15 Onslow Street, Ascot 4007. Ph: 07-268-4783.



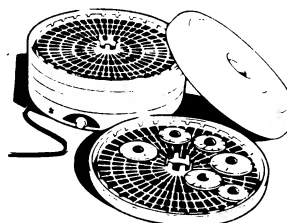
NO-DRUG HEART DISEASE TREATMENT

A study conducted in New York by Dr Dean Ornish has shown that without drugs, simply by changing people's lifestyles, the progress of coronary artery disease can be reversed.

Two groups of patients, many with conditions serious enough to warrant major by-pass surgery, were tested for a year. One group followed a strict regime of non-smoking, yoga, meditation, counselling, and a vegetarian low-fat diet. The second group followed a standard low-fat diet – 30 percent fat as against 10 percent for the first group – exercise and no smoking. Of the 12 patients in the first group 10 had lower cholesterol rates after a year. Older patients showed the most significant drop. In the second group cholesterol levels actually rose in 11 of the 17 patients. Dr Ornish suggests that the moderate recommendations did not go far enough. Radical changes are needed. These findings are preliminary, more results are yet to be analysed, but it seems that lifestyle changes rather than drugs may become the preferred method of treating and, more importantly, preventing heart disease.

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TRADE ENQUIRIES ALSO WELCOME

OUR TABLE'S TOPS

by Stephen Legge, Goonellabah, NSW.

After six years of making do with a cheap laminex dining table, we moved from the city (Brisbane) to the country (Lismore). We sold the table, along with most of our furniture, before we moved and decided it was high time we spoiled ourselves with a nice, solid, wooden table. It was to be no cheap laminates or chipboard (chipboard is laced with formaldehyde too, by the way) for us this time!

On looking through the furniture stores we found that to buy the sort of table we wanted, in any wood other than pine (with two small children we felt pine too soft a wood to stand up to the treatment most likely in store for it), we would have been looking at paying upwards of \$800. Next stop was the second-hand stores. There we found *the* table, in need of almost total rebuilding but with obvious possibilities, made of solid oak. And, what's more, the price-tag was \$45. Now, after sanding back, buying \$80 worth of new Tasmanian oak for four legs and 'skirtings' around the bottom of the table-top and applying half-a-dozen coats of 'Golden Oak' wood stain and gloss varnish, we have our table – for about half the price of what new timber alone would have cost, and hundreds of dollars less than a comparable new table. I would suggest that anyone wanting to buy a table or any other piece of furniture should consider the option of 'recycling'. We have proved that it is possible to end up with a far more expensive item than you would otherwise have been able to afford.

There are of course pitfalls to avoid. Make sure that the timber is still sound, that there are no major splits in the timber itself. The top of the table we bought was beginning to split from either end, enough to make me not want to buy it at first, until I realised it was splitting along the joints between the planks of oak. Check that, if you want a timber table, it is not a veneer. There were several other old tables we looked at that were in fact timber veneers, a thin layer of more expensive timber overlying 'cheaper' timber beneath (though these days any timber is expensive new). And there were a number of cuts and gouges in the table-tops that went right through the layer of veneered wood, which would have made their restoration more difficult.

Now I can hear people saying that they haven't the skill – you never will unless you try. It is important to plan out what you intend before you begin, then carry it out, step by step: reduce each project to a number of simple stages, and you will be surprised just how easy it can be. We had never tackled anything like this before, either!

You haven't the tools? The tools we needed were fairly basic. We hired an electric belt sander for one weekend. We used four-foot sash clamps (also hired overnight) to clamp the table-top together when I glued where planks had separated. Two syringes to inject the glue into the cracks before clamping, I bought from the chemist shop – don't worry about the raised eye-brows when you go in and ask for a syringe, just explain why you need it and watch the looks of suspicion turn to disbelief! I used a hammer, a saw and only 8 nails, since I glued most pieces together, using wooden dowel pins to strengthen the joints. The only other tools were a drill to drill the holes for

the dowel pins, sandpaper, glue, a paint-brush, high gloss timber stain and gloss varnish.

The time? Spread it out over a few weeks . . . a few months . . . what's it matter? Ours was to be ready by Christmas, we moved it in from the garage to the dining room in March. These days too many people get too caught up over expecting instant anything and everything. Give up watching television for an hour or two of an evening and the weekend, put on your favourite music and enjoy . . . while having even more fun sanding, or varnishing. Do it with someone you like, and you'll both appreciate the time spent together working on a project.

But talk, before-hand and during, about how you imagine it will look when complete (draw it too!) and how you think the work should be done. Know before you begin what you are going to do, and what you expect your partner to do. Make sure that it is the same as they plan on doing too!

After all this advice all I can say is that we had fun, and may you have fun too if you choose this 'cheap' alternative method of acquiring quality furniture. We've got the table we always dreamed of having, now all we need are some chairs! Remember too, by recycling wooden furniture you are helping to save trees from being chopped down, thus helping to save whatever birds and animals may live in them, the environment in general (every little bit helps), and in a small but significant way helping lessen the severity of the impact of the Greenhouse Effect and ozone depletion.

Don't take the line of 'What can I do about it, anything I do won't count for much, I'm only one among millions.' Your actions can count for something and, what is more, at the end of it you can stand back and admire your handiwork. I guarantee too that the table you 'do up' will mean far more to you than any store-bought piece of new furniture ever will.

HOUSEHOLDERS FOR SAFE PESTICIDE USE

This group has opposed heptachlor spraying for argentine ants, has lobbied extensively for pesticide reform and tried to highlight the excesses of sections of the pest control industry. Largely as a result of their work legislation restricting organochlorine use in WA is being introduced. All major political parties in this state now have an essentially anti-organochlorine platform. The Dowding Government in WA has undertaken to phase out all uses of organochlorines within 5 years and to begin research into alternatives.

In October 1988 the EPA recommended that the heptachlor argentine ant spraying programme be abandoned. In spite of this many unsuspecting householders and farmers continue to buy hazardous pesticides and contract for pesticide treatments they often they do not need but which pollute the environment and are potentially a health risk. It is obvious that much still remains to be done in this area and any assistance in these efforts to ensure a clean safe environment for all is welcomed.

For more information on the group's activities contact: Householders for Safe Pesticide Use, PO Box 1209, East Victoria Park 6101. Ph: 09-321-4507. Does anyone know of similar groups operating in other states? If so please let us know and we'll be happy to publish details.

COMPOSTING THE EASY WAY

by Jim Maxlow, Glen Forrest, WA.

Composting is an art form in itself with as many variations as there are participants. We've tried most forms over the years with varying degrees of success and have always been daunted by the amount of labour involved in keeping the piles turned and by the elaborate holding pens necessary.

A friend of ours and articles in *Grass Roots* started us thinking in terms of using the poultry to do all the work for us, and fertilising at the same time, i.e. deep littering. The basic principle we work on now is simply to load all compostible material directly into the poultry runs and let them do the work for us. Between four and six months later we barrow it out and mulch directly onto the gardens.

We run chooks, ducks and geese; however, the above method is mainly suited to the chooks and ducks as the geese prefer more open space. We used to free-range all our poultry on about a quarter hectare ($\frac{5}{8}$ ac) until the pasture became too depleted, not to mention the effects of the drought. We have a shallow gravelly soil cover over rocks which takes a heavy beating with poultry.

Anyway, what we do now is to have separate night pens for the ducks and chooks, and larger daytime enclosed runs with a pond for the ducks. The chook pen is about 2 x 3 m (6 x 10 ft) with the hut at one end for sleeping, egg laying and chicken raising. The pen is of wire netting with galvanised iron around the base, buried into the soil and raised about 30 to 40 cm (12-16 in) above ground level. The iron has a multi-purpose use for us. It keeps bobtail lizards and snakes out, keeps young chickens in and retains the composting material as it is being scratched about by the chooks. The chooks (between 15 and 30 at any one time, of all different ages) are penned and fed in this enclosure at night and let out into the larger enclosure during the day.

All manner of compostible material is loaded into the pen, from grass clippings to leaves, corn stalks, vegetable wastes, sawdust, wood shavings, wattie-tree seed-pod litter, waste fruit, weeds and so on – anything that normally goes into a conventional compost heap. By feeding the chooks in the pen, it encourages them to scratch and turn the material over as well as eat whatever they need and manure at the same time. Their compulsive scratching will break even the toughest of corn stalks down to fine fibre in no time. There's no smell or excess dampness either as is associated with a normal compost heap.

Ducks on the other hand prefer simply to bed on the litter and with the constant droppings soon form a dense compacted mat, which can stink when wet or turned over. Our duck pen is similar in size to the chook pen, but has no iron surround and the shelter is open. The same material that goes into the chook pen goes into the duck pen, however the end product in their case is more the result of biological action of worms and bacteria than the predominantly mechanical breakdown by the chooks.

We generally alternate loading material into the pens; when one end is nearing capacity we will leave it to mature while we concentrate on the other. The matured material is used directly on the gardens. No problems with weed seeds – they



Shovelling chook manure is not my favourite chore, so I just keep telling myself what a wonderful effect it will have when I spread it on the garden.

are either eaten or rotted. What you do with the mulch from there is up to you; we find the material ideal for top dressing the vegie garden and very rarely do we do any digging now that the system is running smoothly.

Spring time to early summer is the busiest time for green material. It is generally mulched down and ready for autumn planting, and dry bedding can be loaded in ready for the winter months. Last year we needed to add a couple of bales of hay to the duck pen. With 20 to 30 ducks fattening at one time in a confined space the amount of droppings is incredible. Even turning the bedding weekly to aerate it still didn't allow time to dry it out. After each turning a layer of fresh hay was added to keep the birds clean, healthy and dry. It took a bit longer to break down to mulch, which worked in well for summer mulching, after cleaning out the chook pen in early spring.

So all in all, there is very little work apart from loading the pens with compostible material as it comes to hand, and we are very happy to extract the half dozen or so barrow loads of lovely friable mulch every four or six months.

SNAIL BARRIER

Mix equal parts of lime, soot and bran together and sprinkle around the edges of garden beds.

'Getting Away' to Waikino

by Olga Clarke, Waikino, NZ.



Thought it was time I dropped you a line to let you know what rural life is like on the beautiful North Island of New Zealand. I live in Waikino (pop 300), 8 km west of Waihi (pop 3900). A small settlement of 100 houses or so surrounded by farmland, our village has a Trading Post which is open twice daily for 3 hours all told. All Waikino is zoned 'Craft' so we have more than our fair share of potters, glassworkers and various other craftspeople in the local population. My partner Clive, my daughter Larissa (11) and I live in an A-framed house overlooking State Highway 2 and the Ohinemuri River at one end of the Karangahake Gorge. Occasionally the river floods and cuts us off from everywhere else. The weather here is not dissimilar to South Gippsland Victoria weather, but without the extremes – three or four good frosts, lots of rain and in summer lots of sunshine, but not over 33°C (91°F).

Waihi is a really interesting town. It started off as a goldmining town, in the 1880s. The gold is locked in quartz which was then railed to Waikino for crushing in stamper batteries – 120 of them in its heyday! After World War 2 the rich veins were harder to find and labour was difficult to get so in 1952 the mine closed down. In 1987 a new mining licence was granted and the same mine site – Mt Martha – is being remined, only this time open cut, not tunnelling. The rock is crushed in Waihi and processed there into 'dorey', a bullion bar containing gold and silver. This is then exported for further processing overseas. So Waihi spent 35 years as a non-mining town and some locals would have preferred it to stay that way – however not much gets in the way of Big Business, especially if it has the Government's backing.

Soon after the Waihi Goldmining Co received their licence to mine, we sold our home in Waihi and moved to Waikino. Now we hear that Cyprus Gold Mining Co has applied for a licence to remine the Golden Cross Mine 10 km (6 miles) up the Waitikauri Valley (behind Waikino). At least this time it's not under our very noses – the Waihi mine is actually in the town centre! Apparently it's not unlike Stawell Victoria which has a similar situation, only Waihi has a very much higher rainfall which creates different problems especially for tailings storage!

I lived in Australia for almost 13 years, in Adelaide, Darwin and Melbourne, and found it an interesting and varied country. However I eventually came home to NZ in 1984 to live in Auckland where my family is and where I had grown up. Either Auckland or I had changed so much (probably a bit of both) that we were incompatible so the three of us scuttled away to the country – but still only two hours drive from my folks.

The first six months we spent 'settling in', just getting the feel of the place and adjusting to the changed pace of life in general. When the local record shop came up for sale Clive bought it but it didn't take long to work out that the profits and turnover just weren't big enough to support the three of us, so when I was offered a job by the 'Waihi Leader' helping to compile a weekly community newspaper I jumped at it. It is an enjoyable, sometimes frustrating and always demanding job and I do love it. The only fly in the ointment is that we didn't move into the country to work such long hours. We were doing that in Auckland for twice the money and somehow have slipped into this working groove here.

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Our A-frame house nestling amidst the pretty garden. Clive grows most of our summer vegies and some during winter but is looking forward to more gardening time.

So our plans for the future are this: Clive intends to sell the record shop hopefully this summer so he will have time to potter around, ride his motorbike and give his garden more attention. He keeps us in vegies all summer and partly in winter as well. He's also a very good potter and we have both been brushing up our potting skills at night school. We have a wheel and have recently bought a kiln so that we can now fire our own ware. I'll keep working for another 6-8 months after him whilst we build up a clientele and then I too hope to be self-sufficient, earning from the pots I make.

We have learnt that it's just so easy to get caught up in the work ethos syndrome and become consumer orientated even in the country. My policy now is to buy everything we are likely to need now whilst we both have steady incomes, so that when we do stay home to work and our income drops we won't have those extra pressures on us. We are lucky to be in a position where we will only need money for rates, electricity, some food and some clothing or fabric - I sew when I have time or when the need is great.

By Christmas 1989 (it seems an age away) we should be free to do our 'thing'. I do hope these dreams and plans come to fruition. Will write again to let you know!.

TREATING POULTRY FEATHERS

You can make doonas, pillows and padded vests using the following method of treating feathers and down. Place a quantity of feathers and down in a pillow case, sealing the top firmly with elastic. This is washed several times in the washing machine with detergent, then rinsed with disinfectant and spun to remove excess water. The feathers are then turned into a terylene bag large enough to allow for the increased volume of dry feathers. Dry them above a combustion wood heater, or on the line in sunny weather, shaking the bag at regular intervals until the feathers are dry. For sweet smelling feathers add a few lavender bags during the drying.



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SEED SAVERS NETWORK

Jude & Michel Fanton, Nimbin, NSW.

As many readers are aware, we are a non-profit organisation dedicated to the preservation through cultivation of old garden varieties which could otherwise very well disappear.

WHY SAVE SEEDS?

Seed saving is one of the seasonal tasks of integrated gardening. No longer can we be satisfied with hybrids tailor-made for commercial growers. Priority should be given to varieties which have adapted well to their local environment.

Many small family seed companies (even big Yates) have been taken over by large consortiums. In the meantime some co-operatively owned seed companies dedicated to non hybrids e.g. Phoenix at Stanley Tasmania, Eden Seeds at Gympie, have been started up. These should be patronised in preference to the larger companies. The pattern has been that old varieties have been dropped for the dead-end hybrid. Cheap labour in third world countries is often used to produce them, e.g. corn in Kenya, wheat in Mexico.

Individuals in every generation must decide what they will preserve for those that follow. A growing number of people are trying to save the other living things that populate our planet. An old apple tree, a pumpkin variety that has been regrown in the family for a hundred years, a tomato or salad variety that has come from the old country with recent migrants, are just as much heirlooms as a brooch, a silver spoon or a piece of furniture.

In Australia and overseas there is a renewed interest in gardening without chemicals. Planting traditional crops which have stood the test of time is essential for growing nutritious, safe food. But are we keeping those seed stocks alive? Each strain of the old open-pollinated varieties is unique and irreplaceable. In its genetic structure lie precious characteristics which are essential for breeding resistance to environmental variations such as higher levels of carbon dioxide, more solar radiation, drought, salinity, stronger pests. Unexpected changes bring about the need for rustic material: a 'weedy' strain may have just the resistance required.

AIMS OF THE SEED SAVERS' NETWORK

Our aims are based on the twin ideals of conservation and communication:

- to find out what traditional vegetable varieties there are in Australia;
- to preserve the vegetable heritage of Australia by increasing the quantity of seeds of traditional varieties through members;
- to make and maintain contact with older gardeners who have older-style planting material and knowledge of its cultivation;
- to put these older gardeners and serious younger gardeners in contact with each other by a network of seed-saving growers;
- to be prepared to share our seed stocks with neighbours, both near and far;
- to link up with small scale seed companies and share planting material and information with them;
- to promote seed saving amongst the general public through demonstrations of seed saving, media articles and interviews and regional preservation gardens in botanic gardens, natural

history museums and places of historical interest in the countryside and cities;

- to help prevent practices that inhibit genetic diversity such as the concentration of the marketing of seeds into fewer hands, and the increase in hybrid seeds in the marketplace.

ORGANISATION

The Seed Savers' Network offers a variety of levels of participation in its activities:

- Active membership (\$10) gives access to our seed stock and provides the opportunity to maintain varieties in your garden.
- Supportive membership (\$30) is for those who cannot adopt a variety but want to support what the Network is trying to achieve.
- Associate membership (\$100) is for groups and businesses which can help financially.
- Foundation membership (\$300) can be through financial support, help in kind or publicity. Donations are held in trust by Seed Aid Trust and Seed Savers Trust.
- Aged Pensioner membership (\$2).

All members receive the *Spring Newsletter* and the *Autumn Bulletin*.

More information on the Seed Savers' Network can be obtained by writing to PO Box 24, Nimbin 2480.



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Building an Incinerator

by Alan Logan, Ringwood, Vic.

Since you published my previous letter (GR 72, p. 81) I have had some correspondence, some nice, some not so nice, about incinerators. The nice ones I've answered directly, the others can be covered by this article.

In my view, natural processes will dispose of natural wastes, human, animal, or vegetable, where these wastes are widely distributed as would occur in a natural state of tribal living, and naturally occurring lightning strike fires. However, we do not live in dispersion on the land but in towns and cities and great conurbations. This concentrates our wastes beyond the capacity of natural processes at the point of occurrence to deal with them. This is aggravated by the wasteful nature of our technical civilisation and by 'status' or 'one up manship' being demonstrated by an ability to afford waste which lesser mortals cannot.

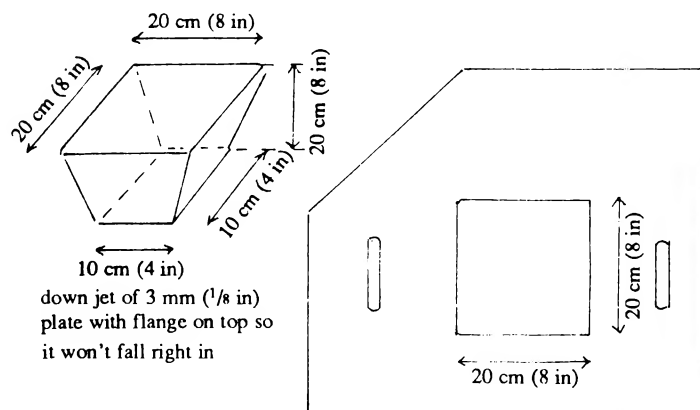
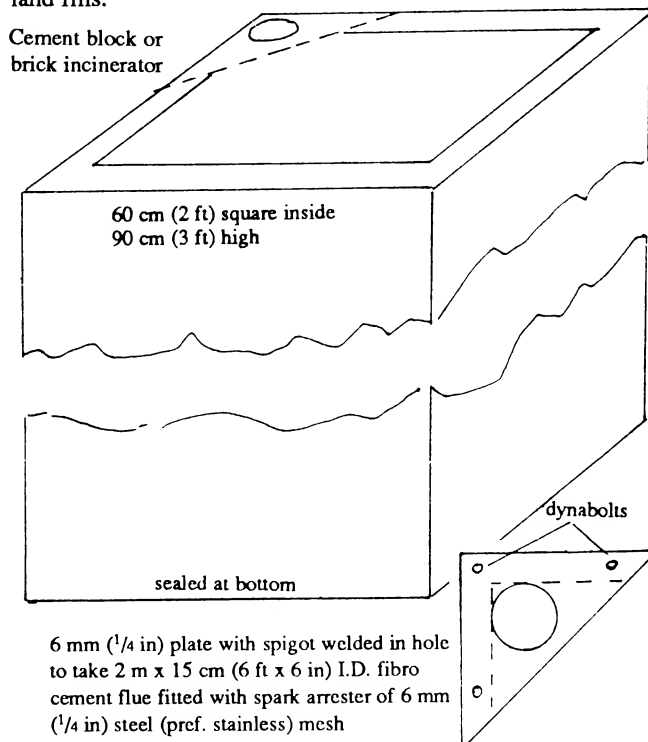
In a rural situation or small town the forces of nature can cope with smoke from incinerators or domestic heating fires. In the big cities, and a lot of the lesser ones too, air pollution by vehicles and industry is already at such a level that further pollution is intolerable. Those who burn firewood in the grates of their city houses, boasting that they are only using a renewable resource, forget that firewood, like oil and natural gas, is hydrocarbon and that when burned it goes to augment the fog already hanging over our towns and cities. True, most timber is not rich in sulphur, like oil, but since the grates in which the wood is burned are rarely well engineered and even more rarely serviced to maintain their efficiency at design level, they spew out creosote, tars, carbon monoxide plus particulate carbon which contributes to the smog. Plus in many cases I know of, the containers for take away food, milk cartons and other plastic or plastic coated containers are thrown on the fire 'to tidy up'. Plastics and rubbers, natural or synthetic, should never be burned – the fumes are toxic and the damage irreversible.

When electricity is generated by the power utilities, they burn their fuels for maximum economy which, by definition, means as close to total combustion as technology permits. Also they are large, visible and clear targets for public action to force them to lift their game, as we have witnessed in the past 20 years. It is technically impossible and politically unachievable to supervise home fires and incinerators in the same way, which is why I believe that *both* should be banned in urban areas. Incidentally, 'clean' natural gas is also a hydrocarbon but a low pollutant compared with petrol and diesel, which is why three of our daughters and my wife and I run our cars on LPG.

Despite the above, I still maintain that in rural areas the incinerator has its place. Nature's natural purifier is fire, so diseased plant cuttings, wastes that will attract vermin, things which by their nature cannot be composted should be burned. When we went to Ringwood 40 years ago it was rural and the ashes went into our ground. Today it is urban and we have no incinerator, no fuel heating or hot water, we use electricity. So I have included a sketch of a down draught incinerator which, because of the secondary air inherent in the system, will only show a heat shimmer above the flue if properly used, not a rolling, foul smelling smoke cloud.

I welded a bar across the down jet at the top so that it could be lifted out easily. To use down jet incinerator, build up layers of combustible wastes until about two-thirds full. Pack down firmly as the fire will not reach down across gap and will go out. Light a brisk fire on top with dry materials, put lid on and fit in place. This amount will take up to three days to burn out, if there is a lot of green material, and steam will be seen. When destroying diseased chicken carcasses, crush them by ramming down thoroughly. A round jet would be ideal but this one can be built by any handy person with a home welder. To get the ash out I used to use a scoop on a long handle after loosening the ash with a fork.

I love my country and hate seeing it abused and fouled up. Perhaps one day we will organise recycling on a nationwide basis and do away with municipal incinerators and noisome land fills.



6 mm (1/4 in) plate top with handles welded on for lifting
20 cm (8 in) square cut out for down jet

WHY NOT TRUSS IT?

by Christine Taylor, Black Forest, SA.

Like most of you, when someone has finished with something we think we might be able to use, we grab it. It may be years before we use it, but we can't bear to see it go to waste. It was like that when our daughter was about to remove the carport on the side of her house. We bought the carport but left it unused for nearly three years. At last we have started the storage shed we need and the carport has become the roof and outer frame of it.

However, a carport designed to be attached to the side of a house is not really strong enough to be self-supporting when constructed out in the open. It is one thing to design and build from scratch and another to adapt an existing design, and this is where the problem arose. As a carport with no walls to catch the wind our structure was strong enough. As the roof and corners of a shed it wasn't. We had bought uprights of the same dimensions as the original ones from the same manufacturer* to make a self-supporting structure. We added centre roof purlins at right angles to the original centre support, but the roof still was weaker than Geoff liked.

Geoff has studied the design of buildings. You may have read in GR 47 and GR 49 about the two storeyed extension he designed and built back in 1983-84. The more he looked at the roof frame of this shed the more it worried him, so he did some calculations. Even with the added strength of the cross pieces it was still weaker than it should be. We knew we could make the walls strong enough to withstand the wind but that wouldn't stop the whole structure failing if the roof collapsed. Under a wind load a roof can act like the wing of a plane – it begins to lift off its mounts. Unfortunately if the roof lifts off the walls usually collapse inwards! That was a mess we did *not* want to find on one of our future visits.

When beams like the supporting beams in our roof fail, they bend. If we could prevent the beams from bending the roof would be much stronger. A Warren truss on the centre cross

beam would prevent it bending. The Warren truss consists of a short length of rectangular tubing set at right angles to the beam to be strengthened, and two lengths of wire or steel rod that go from the outer end of this tube to either end of the beam. Hooks can be used to attach the wire at either end and, by placing a turnbuckle in the wire, the length of the wire can be adjusted so the beam is prestressed (see figure 1). If rods are used they must be welded into place while held under tension.

We used the adjustable type of truss for the roof of the shed as we had to install it after the roof was up. Geoff had used the rod type some years earlier when he was constructing the tank stand for the squat 2700 l (600 gal) tank mentioned in GR 53. In this case he realised after he had made the top of the tank stand (it was designed so the legs could be put on after transporting it to the block) that he had miscalculated so the stand was under strength. What he did is shown in figure 2. In effect he added a Warren truss to each side of the stand.

Whether you use wire and turnbuckles or solid rod the principle is the same. The truss is placed so that the beam will be loaded in the reverse direction to the expected loading. In both our cases the expected load was to be downward under gravity – and upward under wind conditions. The downward load was the permanent one and the one that we compensated for with the truss.

The length of the vertical tubing is not at all critical, it is a case of using a convenient, short length. This was welded solidly at right angles to the roof purlin or the tank centre crossing. For the tank, Geoff welded a length of 1 cm (1/2 in) rod to the square tubing. Then he bent the rod till it touched the side members. He heated the rod so it lengthened and welded it to the side members while it was still hot. This provides tension in the rod (see photo).

Geoff used wire rope and two turnbuckles to tension the roof truss, more because it was convenient than for any other



Each side of the tank stand was strengthened by a truss before taking the weight of the tank.

Fig 1. Strengthening a beam with a Warren truss

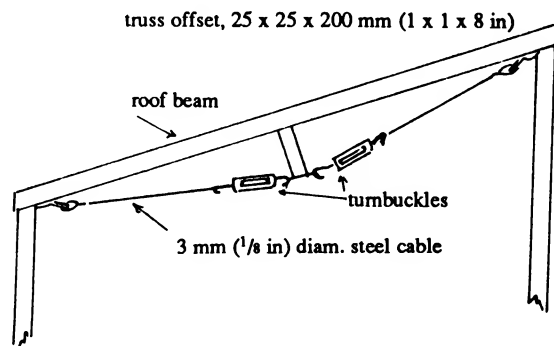
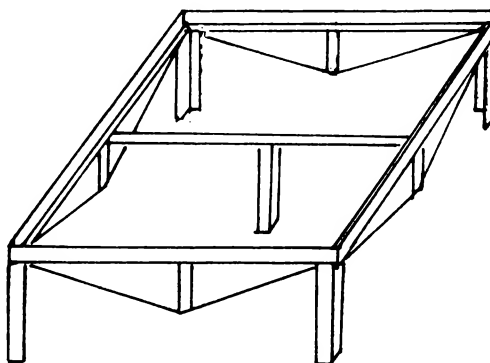


Fig 2. Trusses give added strength to a tankstand



reason. He welded a short piece of flat steel in which there were two holes across the end of the vertical section. He could prepare this at home in Adelaide. Two other short pieces with holes in were made, too. These were welded to the side members for the ends of the wire assembly.

Three small welding tasks from a ladder, and no setting of clamps up in the air, was less difficult than to have done the job the same way as he'd done the tank stand. The turnbuckles could be adjusted to tension very easily. If you do not have the skill required for this, U-bolt clamps can be used.

You may see a Warren truss used on a mast or flagpole if you look around. If there is no suitable anchor point in one particular direction a truss is often used instead. I have even seen a mast with four trusses to make it self-supporting in all directions.

To strengthen a structure of which you are doubtful, or to use when you need extra strength in a particular direction I suggest you try a Warren truss.

ETHICAL INVESTMENT – Continued from page 61.

companies although only Global's YWCA Ethical Investment Trust has environmentally positive investment criteria.

THE CONSERVATION MOVEMENT

To achieve a turnaround from the current levels of environmental destruction requires a fundamental change in the way we all handle money. Ethical or socially responsible investment can assist in that change. Conservation groups can play an important role in the development of greater investor awareness in Australia by:

- ensuring that their own funds are invested in a socially responsible way;
- informing their members about economic and investment issues;
- assisting in researching those companies whose practices are not environmentally responsible;
- assisting and encouraging environmentally responsible profit making ventures;
- encouraging ethical investment companies to include environmental criteria in their investment policies.

It's not the money system that's necessarily at fault, it's the consciousness of the people who operate the system. People have got to change first then the systems will follow quite easily.

Robert Rosen is a licensed investment consultant and is secretary of the Earthbank Society of Australia.

He is currently writing *People, Planet and Profit – an Australian Ethical Investment Guide*. The book will be published later in 1989 by the Earthbank Society.

Next issue we will publish a detailed list of organisations which provide opportunities for ethical investment in Australia.



GARLIC SPRAY

Garlic spray is a non-toxic way of protecting your garden from insect pests.

- 90 g (3 oz) garlic
- 2 tsp paraffin oil
- 500 ml (18 fl oz) water
- 1 tsp detergent

Finely chop or crush the garlic and mix with the paraffin oil, soak for 24 hours. Add the water and detergent and strain. Store in refrigerator. Shake well before use, then add 3 teaspoons of mixture to 1 litre (1 3/4 pt) of water to make up a spray.

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Ethical Investment and Conservation

by Robert Rosen, Byron Bay, NSW.

The success or failure of the conservation movement in Australia is often judged in terms of battles won or battles lost. Issues are often portrayed in terms of 'us' and 'them', 'jobs' versus 'the environment' or 'greenies' versus 'the developers'. The idea that we are all intrinsically part of the problem is left largely to the domain of deep ecologists. Yet most of us (be it often unwittingly) could be supporting the very activities that we disapprove of – by investing in them.

Most investors are interested in a company's performance as reflected in investment returns and security – simply put, maximum return for the minimum risk. Investors don't usually consider that they are responsible for a company's lack of regard for the environment. This attitude can also extend to management when they deny any responsibility for a company's impact on the environment. A lot of people are now realising, that where we put our money collectively has a fundamental influence on what happens in the world. If you put your money in a bank that invests it in uranium then indirectly you are supporting that investment, so it's inconsistent for you to be supporting that bank and waving placards protesting against uranium mining. People are saying, 'I have money available and I want that money to be used to create the sort of world I want to live in'.

ENVIRONMENTAL RESPONSIBILITY

Companies faced with objections from environmental groups usually defend their actions by denying they have done anything wrong or by highlighting counterbalancing public interest factors (e.g. employment, export income). If these defences do not suffice they may then deny any responsibility for their actions by suggesting that 'it is the government's responsibility to look after such matters, not ours' or that 'our responsibility is to our shareholders and other investors, not to society at large'. Investors must therefore accept an important part of the responsibility for environmental destruction.

INVESTOR RESPONSIBILITY

About 5 percent of shares in listed public companies in Australia are held by small investors. Indirectly, however, small investors fund companies to much higher levels. Insurance companies (of which many of us are policy holders or members) and superannuation funds dominate public company share registers. It is estimated that by the year 2000 superannuation funds alone could hold 50 percent of the shares listed on the Australian stock markets.

Banks are major financiers, arrangers and underwriters of investment projects which may not be acceptable to environmentalists. Peko Wallsend, for example, which had attracted strong criticism from the labour and environmental movements, set up in 1986 a \$150 million facility underwritten by among others the ANZ Bank, The National Australia Bank, the State Bank of NSW and the Rural & Industries Bank of WA.

Where money is involved most people don't adhere to their normal moral principles nor do they think that they should. While people would never do a certain action themselves or even support it, they consider that when they invest money

they're not responsible for what happens to that money. Most people just simply haven't made the connection between their investment and what their money is actually used for.

This denial of responsibility runs a complete circle in our society. I'll give you an example: I invest money in the bank and I think, 'It's a bank. I'm just putting my money in a bank'. I don't think beyond that. A uranium company then goes to the bank and says, 'We want to borrow some money'. The bank manager says, 'It's my duty to the investors to manage this bank profitably. So if I can make money out of that uranium mine I cannot refuse that uranium company because my investors want their maximum rate of return'. Now the uranium company says 'It's our responsibility to maximise our profits for our shareholders and therefore we're totally justified in mining uranium'. You go to the shareholders and the shareholders say 'Look, we're just investing in this company because it's giving us a high return'. Superannuation funds which are major institutional shareholders, also argue that they have a prudential responsibility, that is they have a responsibility to the members of their superannuation fund, to maximise their returns. If they delete any profitable company from their share portfolio that is not being responsible, because it may reduce their rate of return.

However if we choose to survive and prosper on this planet into the twenty first century everybody be they an investor, consumer, farmer, worker, manager, banker, government employee or politician needs to take total responsibility for their own actions. That is what it ultimately comes down to – individuals taking personal responsibility for their own actions.

ETHICAL INVESTMENT

Ethical investors use their money with an awareness of where that money goes. They see the way they direct their investment as a way of effecting social change. In doing this they are questioning the basic economic beliefs of our society, namely that:

- investors seek only maximum returns on capital invested;
- profit maximisation is necessary to get investment capital;
- maximum profits are best achieved by ignoring the social and environmental consequences of one's actions.

The unquestioned acceptance of this economic belief system is one of the major reasons why environmental destruction continues.

In the US, ethical investment is a \$US400 billion industry. It has been clearly shown there that it is possible to invest money with a conscience and still get a competitive rate of return. In Australia a number of smaller ethical investment organisations have been operating for some time. These include the August Investment Group, the Bellingen District Loan Fund, Southern Cross Capital Exchange Ltd, the Channon Trust and the Maleny and Macauley Community Credit Unions. In 1986 Friends Provident Life Office launched Australia's first public ethical fund. It attracted \$12 million in the first 6 months.

There are now eight public ethical funds offered by four

Continued on page 60.



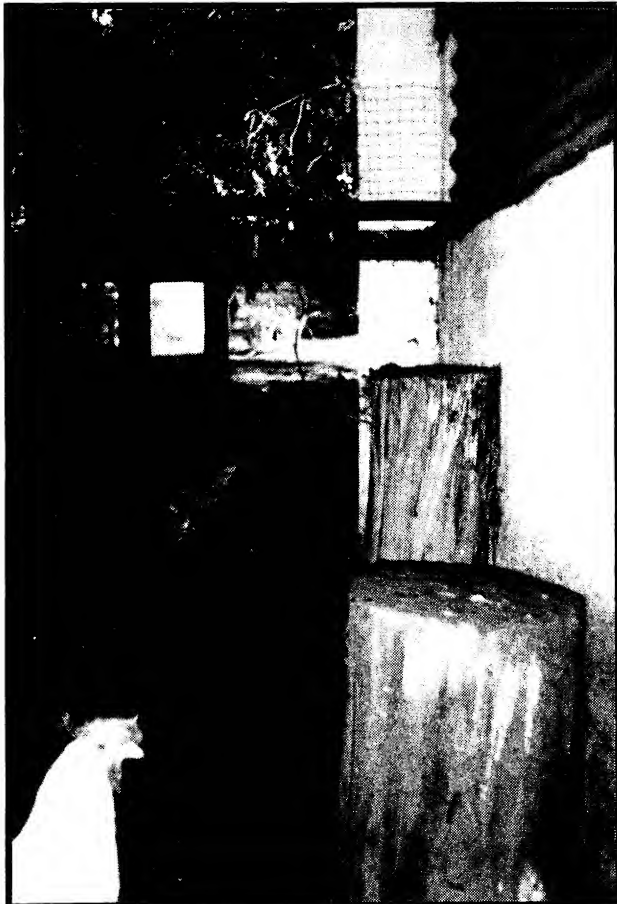
FOXES CAN'T FLY

by David Locke, Ferny Creek, Vic.

This is a system I have been using for a couple of years to successfully protect my chooks from the ever present foxes in the Dandenongs, on those occasions when I forgot to close the door to the pen, after the chooks have had their evening stroll. The entry and exit perch allows even old chooks – we've got a couple of 5-6 year olds – easy entry and exit. The perch would possibly be better sloped downwards, to discourage chooks from roosting on it, although I've never had this problem. To stop foxes I have stapled several strands of barbed wire, with barbs uppermost, either side of the branch, on the lip of the hatchway into the roosting/laying quarters. The first time I left the pen door open, there were scabble marks of paws on the fibro under the hatch, but no chooks missing – before I'd always lost one or two! I'd even begun to believe the foxes weren't around anymore until one night a few weeks ago when a near neighbour inadvertently locked out his bantams, for the first time ever. Next morning there were piles of feathers and 9 missing. Recently the chooks have acquired access to the paddock at the back of the pen – no more scratching up the garden, thank goodness, and they now roam there, truly free range, from dawn to dusk. I suppose they'll be OK until foxy decides to hang around after dawn!



This wire netting pen gives them room to move and should be secure enough but even I forget to close the door sometimes.



This stage of steps mean that even the most geriatric of chooks have no difficulty in reaching safety inside the shed.



Once inside they can roost in peace without worrying about night time raids – foxy can't reach through the hatch.

SUSTAINABLE AGRICULTURE

A FARMER'S EXPERIENCE

by Alfred Haupt, Narrandera, NSW.

I farm 800 ha (2100 acres) south-west of Narrandera in the Riverina. Average rainfall in our area is 430 mm (17 in), with winter dominant fall. 360 ha (900 acres) of the farm are laid out for flood irrigation with a water allocation of 1944 megalitres per year.

Seventy percent of the farm consists of a very heavy and tight red clay, 20 percent of a grey alluvial soil and 10 percent of windblown sand with a pH of below 4. When we bought the farm in 1982 it was totally run down through overstocking and overcropping. Large areas of the top soil were scaled and barren and any stronger winds were blowing away the unprotected topsoils in the sand hills. The farm since then has gone through some quite drastic changes to the betterment.

How have these changes been achieved? The first two years after I took the farm over, I tried to solve the problems with the methods conventional farming has to offer: I took extensive soil samples on the farm and applied fertiliser with the recommended rates to cure the deficiencies in the soil. The results were disappointing: germination on the heavy crusting clay soils was poor and after two waterings in the summer the soils baked hard as concrete and the intervals between watering had become shorter and shorter to keep the crops alive. It became evident very fast that with this method of high-input farming, the soils only became poorer and so did I.

Looking for other solutions I heard about Geoff Wallace's soil conditioner plough. I was impressed when I saw his farm and bought an eleven tyne plough from him. With this implement we worked about 40 percent of our farm in the first year and planted 60 ha (150 acres) of wheat with it, using a seed box directly mounted on the plough. The results were mixed: we found that wherever we could get something growing fast enough to fill with its root system the grooves in the soil formed by the Wallace plough, the soil started to get some structure and become stabilised. But this only worked with small grains and sorghum. Finer seeds like clover and lucerne or seeds which needed an exact seed placement like lupins or soybeans did not germinate well enough to get sufficient root mass to stabilise the loosened soil, which therefore collapsed again after some waterings or heavy rains. So I learned that with the soil-conditioner alone our problem soils could not be improved.

Looking for other solutions, I got into contact with some biodynamic farmers, who told me about the excellent results which had been achieved with this method on soils as poor and depleted as the soils on my farm. After reading all the literature I could get regarding the BD farming method and after having visited quite a few farms where this method had been practised, I contacted Alex de Podolinsky to get his advice on how to start. I sprayed my first 500 in September 1985 on a paddock which I had carefully prepared to sow lucerne. The result was convincing insofar as for the first time on the heavy clay soils I got a good strike with a small seed. I was also pleasantly surprised that already after a few days the soil started to change colour from red to a chocolate brown, the safest indication that

a process of humus build-up had started. Also quite significant was the increase in root-development, when I compared paddocks sprayed with the BD preparations with an unsprayed paddock. Within two years after I started using the BD preparations I had excellent results with my pastures. Paddocks heavily infested before with capeweed and Paterson's curse over a period of two years became virtually clean, because the clover/ryegrass mixtures grew so vigorously that the weeds were choked out. It also seemed that these weeds indicate a poorly structured and compacted soil and lost their ideal growing conditions when the structure of the soil improved and the humus content went up. The livestock, when given the choice between a pasture sprayed with the BD preparations and an untreated pasture, showed a clear preference for the BD pasture and left the untreated pasture untouched.

Regarding the cropping side of the enterprise, the change-over to a consequent BD farming method proved itself much more complicated and cumbersome. These are the lessons I learned:

- Under irrigation the BD method only works when the irrigation system is absolutely perfect and no waterlogging occurs. Any kind of waterlogging brings the bacterial and microbial activity to a standstill, the soil structure collapses and it is difficult and time consuming to revitalise the soil. Therefore, water must be on and off in not more than 24 hours. As a consequence, we now put all our irrigated summer crops on raised beds and where we water other crops on the flat we have shortened the runs to not more than 400 m (1300 ft).

- Compaction is also deadly for the build up of soil structure, so we have to avoid by all means going on to the soil when it is wet. Planting programs and rotations have to be planned accordingly. Never try to enforce your will upon the soil, even if this means that one year you have to refrain from planting at all.

- Weed control is our biggest problem. In the dryland farming, we at first thought that we could solve it with long fallowing. But I learned very soon that by fallowing with two or three workings and by leaving the soil bare and uncovered during the heat of the Australian summer, the soil became sterile and dead again. What we are going to do now is to have a pasture phase of at least 3 years with a clover/grass mixture, get good growth in spring and mulch before the grasses and the clover set seed. If regrowth occurs because of summer rains, mulch again, but do not graze, to keep soil protected until immediately before planting. Graze hard 5 to 6 days before planting and then work and sow.

Under irrigation weed control through cultivation was also not satisfactory. We could keep the space in between the rows reasonably clean, but had high weed pressure in and close to the rows, particularly because we are getting our water from the creek and through an open channel system, which naturally imports lots of weed seed. Now we keep our permanent beds sown to a winter clover, graze this down hard before sowing

HOMEBIRTH IN AUSTRALIA

Despite the increase in the cost of private midwifery services over the last few years more women are choosing to give birth in their own homes. Lack of information and 'respectability' have probably deterred many others, however the political climate for homebirths appears to be changing despite continued and aggressive opposition from much of the medical profession.

A report in the Winter '89 issue of *Homebirth Australia* states that the end is in sight for the acceptance of the 1987 National Health and Medical Research Council working party report on Homebirth and Birth Centres. There was an angry response from some sections of the AMA and RACOG when the report first came out. The Council has since been under considerable pressure to withdraw the report. Two 'consultative groups' were established to review the report, without satisfactory conclusion. Recently a meeting of a third consultative group was held with representatives from the Australian College of Obstetricians and Gynaecologists and a compromise was reached with agreement to accept the original working party report. This is wonderful news for those working for homebirth as much hard work was done to achieve this result.

THE NH & MRC RECOMMENDATIONS ON HOMEBIRTH

In November 1987, the National Health & Medical Research Council endorsed a report stating that women should be able to make their own choice about place of birth, and calling for the development of more alternative birth centres. Following an extensive survey of available literature, the NH & MRC was unable to substantiate its initial concerns about the safety of homebirth. The report concluded that a single set of guidelines to determine the appropriateness of homebirth for an individual is not possible, and it recommended that appropriate courses preparing graduates for independent midwifery practice be established, with one Direct Entry programme for midwifery to be developed in Australia.

The report makes the following recommendations designed to improve relationships between homebirth and hospital practitioners:

- Women planning a homebirth should register (and this registration be accepted) with a hospital to facilitate possible transfer.
- A system of accreditation of homebirth midwives with hospitals should be developed to enable midwives to accompany their clients when transferred.
- State perinatal mortality committees should include appropriate consumer representatives and midwives.
- Professional maternity care organisations should establish joint forums for discussing childbirth-related issues.
- Midwives should be empowered to order a range of routine antenatal and postnatal pathology tests, ultrasound and CTG examinations, and be able to carry a range of relevant drugs.
- Hospitals should supply accredited midwives with vital emergency equipment on rental.
- Midwives should be able to initiate a priority ambulance call.
- While adequate consultation and examination should take place in the event of a stillbirth or neonatal death, an immediate transfer of mother or baby should not be necessary. The attitudes

of police and ambulance officers should not be punitive.

This summary published by *Homebirth Australia*, PO Box 107, Lawson 2783, an alliance of groups, practitioners and individuals who are concerned that Australian parents remain free to choose how, where and with whom they give birth. As well as campaigning for greater public awareness and acceptance of homebirth, they seek to provide communication and support Australia wide. Books on homebirth and other topics are available by mail order. Membership (\$15 annually) includes the quarterly national newsletter. Send to Homebirth Australia, PO Box 10, O'Connor 2601.

Contact addresses for each state are:

NSW – Homebirth Access Sydney, PO Box 66, Broadway 2007. Ph: 02-713-4331.

SA – Homebirth Network of SA, PO Box 703, Unley 5061. Ph: 08-272-7351.

Vic – Melbourne Homebirth Information Bureau, 1 Terama Cres, Bayswater 3153. Ph: 03-729-0026.

WA – Birthplace Support Inc, PO Box 1070, Fremantle 6160.

Tas – Homebirth Tasmania, 27 Wentworth St, Sth Hobart 7000.

Qld – Home Midwifery Assoc (Qld), 35 Unmack St, Chermside 4032. Ph: 07-350-2768.

ACT – Canberra Homebirth Association, PO Box 88, O'Connor 2601. Ph: 062-478-062.

NT – Darwin Homebirth Inc, PO Box 866, Humpty Doo 0836. Ph: 089-881-122.

PENPALS

Hi! I am an 8 year old boy. I would like a penfriend in New Zealand or Tasmania. I like collecting stickers, and I like cars.

Lee Houghton, PO Box 471, WILLUNGA 5172.

Hi! My name is Naomi and my letter box is hungry. I would like a girl penfriend aged 10-12. My interests include watersliding, music, reading and roller skating.

Naomi Morrow, C/- PO Box 764, SHEPPARTON 3630.

I would like to correspond with people who are interested in organic gardening, self sufficiency, writing stories, reading, watercolours and woodworking. I am 47 and would love to hear from anybody who can write a decent letter, especially country folk.

Vic Calthorpe, 'Acre End', The Summit, MT GLORIOUS 4520.

Hi! My name is Susie Phillips. For all of you who have written before, I am sorry I haven't written back, but if you write again I promise I will answer you and anyone else who wants to write to me. I am 9 years old. I have lots of pets and I am interested in sports.

2 Threkeld Dr, CATTAL 2756.

My name is Annie Wigzell. I am interested in flower remedies and all New Age theories. I would like to write to anyone interested in these subjects or any subjects to do with the land. I am 40 years old and an invalid pensioner but will answer anyone anywhere and am willing to learn and be a fulfilling friend to anyone.

C/- PO Box 668, PORT ADELAIDE 5015.

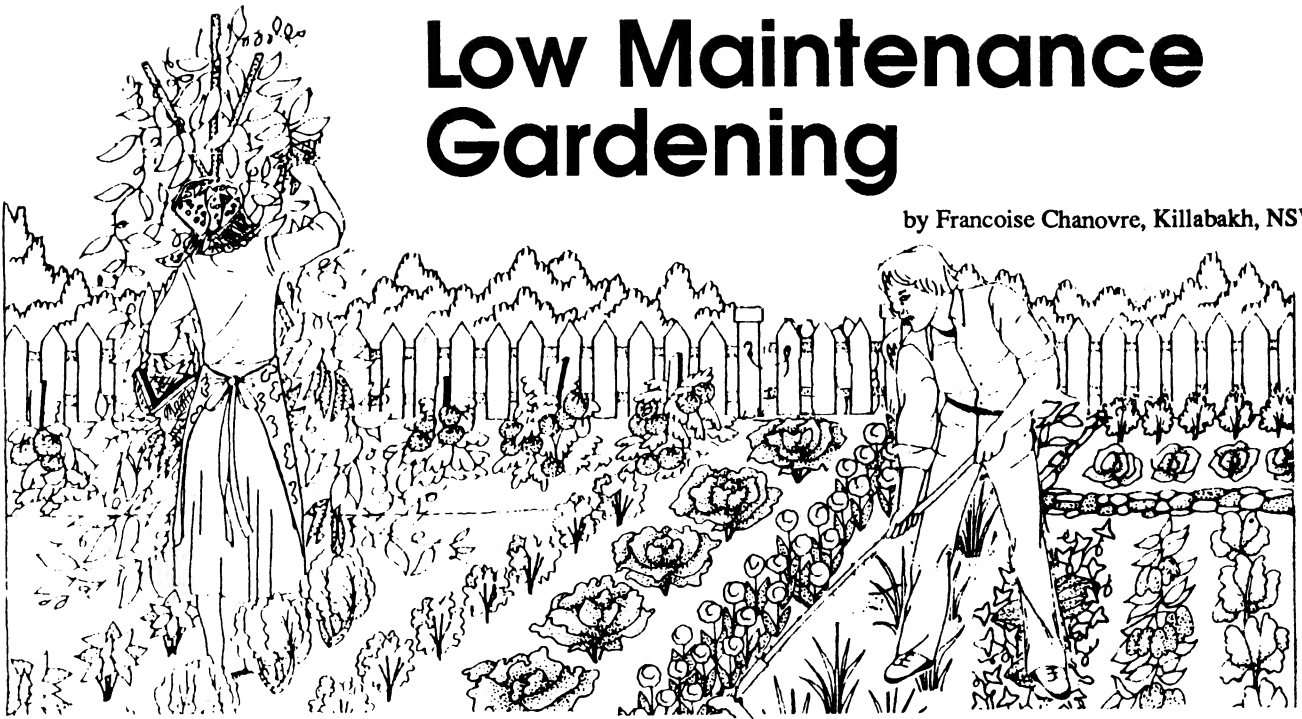
CRYPTIC GRASSWORD

Continued from page 45

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Low Maintenance Gardening

by Francoise Chanovre, Killabakh, NSW.



If you are a busy person with farm chores, a job perhaps or outside involvement but you like gardens and gardening, then read on for some hints on preparing and maintaining a low energy garden.

PLANNING YOUR GARDEN

Before you start, make sure you know what your particular garden requirements are and what physical conditions you have to work with:

- Climate – do you get frost, how much rain?
- Soil – what soil type do you have, does it need composting? Plan on mulching to avoid weeds and to help your young plants along.
- Plant selection – do you know what drought resistant plants are available for areas where watering is difficult? How much time you wish to invest in your garden is also important to what plants you should choose. Using wildflowers, shrubs and trees that are already in the vicinity of your planned garden is more effective than reconstructing from nothing.
- Layout – do you wish to turn your garden into an art form by using tile, gravel, rock or planning colour and effect? How much time do you have for mowing a vast lawn, or do you wish to plant a ground cover instead of a lawn? Have you looked at labour saving devices such as timers for sprinkling systems? Do you wish to slash your way through a jungle to find your plants – if not plan carefully a garden that will be attractive and need little maintenance. Plan to begin with the construction of the humble compost heap.

YOUR SOIL

Sandy soils benefit from the addition of spongy materials that hold water and nutrients such as peat moss, compost and manures. Clay soils benefit from wood products as they help separate clay particles. Mix them with nitrogen to add to the soil in the form of blood and bone or bonemeal to aid in the breaking down of the wood particles without leaching nitrogen from the soil. Chopped hulls and compost are also beneficial to clay soil.

Organic Soil Additives

Bark – high aeration, long lasting. It is a soil conditioner and excellent mulch often used for orchids. To untreated bark add 500 g (1 lb) of nitrogen or 3.6 kg (8 lb) organic fertiliser to 0.3 cu m (10 cu ft).

Rice Hulls – are low cost but considerable loss of volume occurs when hulls decompose; good for potting mix or soil conditioning. To hulls add 90 g ($\frac{1}{5}$ lb) nitrogen or 1 kg (2 lb) organic fertiliser per 0.3 cu m (10 cu ft).

Leaf Mould – contains much decomposed matter. It adds to soil fertility, also good for potting mix.

Manure – high ash content, use no more than $\frac{3}{4}$ cu m (1 cu yard) per 93 sq m (1000 sq ft). It is a good soil conditioner for sandy soil and useful as mulch.

SOME LOW MAINTENANCE PLANTS

Here is a list of plants of all types – fruits, vegetables, shrubs, trees and ornamentals – that will grow happily without needing much care and attention. Nurseries and longtime residents of your area should be able to suggest lots more. Choose from:

hydrangeas	azaleas
rhododendrons	roses and rock roses
shrubs, especially native ones	bottlebrush
Australian teatree	cacti
citrus trees	peach trees
grapes	passionfruit
pawpaws	chokos
strawberries	oregano
rosemary	sage
mints	tansy
asparagus	thyme
marigolds	lavenders
jasmynes	daisies
pinos	ivy
silky oak	myrtle

Remember that low maintenance gardening is mainly a state of mind. Put the effort and energy into planning it, and the hard work will be half done. Enjoy!

Down home on the farm...

by David Miller



It is late and I have just arrived home after spending the day delivering cattle to a property 300 kms away. All that driving gives me time to consider our progress with the various activities we have on the go.

This year work on the farm has been slow because winter has been so wet. We have a partially finished set of cattleyards which are undercover, so we can work all year round in comfort. Some of the fencing has been completed and the house for our farm helper is in position. But the weather has frustrated every move we have made this winter. It became too difficult welding in the rain, so work on the cattleyards had to be left for summer after we reached a stage where we had a useable set-up. Fencing had to be abandoned when Wayne started pulling corner posts out of the muddy ground every time he strained the wires, and the cattle made wonderful bogs in the laneways as they were moved from one paddock to another. The house transporters bogged the house while shifting it into position and had to get a bulldozer to extract the truck carrying it from the mire, and the stump holes immediately filled with water as they were dug. I think they have yielded to the elements, giving the job a rest for a couple of weeks in the hope that the weather will improve.

In the middle of all these dramas I arrived one afternoon to find lovely flakes of snow wafting down and carpeting the paddocks. This fairytale picture put everything into perspective because it seldom snows in our area – this was indeed a very hard winter. I have realised that new projects usually start with a period of apprenticeship which accelerates learning and tests the resolve to persevere and become successful. This is obviously our apprenticeship year and the added experience of starting under very difficult conditions will stand us in good stead for the future.

Closer to home, the geese are setting and we have three on various nests around the big shed. This has pleased me greatly because I like to think I have a breed of bird which is self-sufficient, and all I have to do is check the nests and congratulate myself on having a little enterprise that runs on fresh air and Mother Nature. Last weekend, however, there was a worrying conjunction of events. A visitor who was very knowledgeable about waterfowl told us about an inexpensive incubator on the market that is ideal for waterfowl, and later Megg informed me that the first setting goose has eight infertile (rotten) eggs. So much for Mother Nature. It wonder if I should try the incubator, just for this year perhaps!

In the far corner of the shed there has been a little black Araucana hen setting behind one of the geese. Megg has been unable to get near her because the goose has been so protective of her nest. Araucanas are a South American breed that lay blue eggs – the inside of the shell is also blue, most unusual, but the contents are the normal colour. Well, to our surprise, this little pullet hatched out 19 chicks which she proudly parades around the yard during the day and guides back to the warm shed each evening. We had no idea she had hatched anything because we couldn't get past the goose to look and she couldn't get past to



Our first chickens for the season with their harassed mother. Despite the convenience of an incubator you can't beat the hatching rate associated with natural sitting.

lead them outside. Finally she found a hole in the boards and suddenly appeared with this large assorted family.

And just to make us feel at home, we have another visiting fox which lurks around each night attempting to pick up anything that Megg has not tucked in for the night. Megg shone the torch on him and he disappeared very quickly – obviously this fellow has been shot at already and has learnt to keep out of the beam of a spotlight. But even though foxes are the best fed animals in the country, ironically they seem to keep many poultry breeders in business. Megg is always getting phone calls from people who 'lost a few birds in a fox raid.' They always have to replace the lost breeding stock!

It is Melbourne Show time again. I am looking forward to seeing cattle from all over the country and Megg is planning her entries and starting to clean up the birds she has entered for judging. It probably seems funny to many people but each bird has its toenails and beak clipped, its feet and feathers washed and then beak and legs are oiled so they look spic and span. This year Megg has been asked to put some turkeys in the animal nursery. The birds for this are the extroverts. Yes, they all have different personalities. With all the people passing through, some birds would get quite stressed, find the nearest corner and try to hide. Megg picks out those who really love the visitors, they will parade around and approach anyone willingly, so people who seldom have the opportunity to visit a farm or see the complete range of domestic livestock will have a good idea by visiting the animal nursery.

There is a definite swing back to animal, plant and produce displays at shows these days. These formed the original focus for the show, but commerce and 'entertainment' took over and the real meaning was lost along the way. Now it is back with a rush by popular demand. What better way to introduce the kids to country life, and broaden their education.

Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

A RECIPE FOR HEALTH – BUILDING A STRONG IMMUNE SYSTEM – Dr Ian Brighthope & Ruth Maier with Peter Fitzgerald.

Dr Ian Brighthope specialises in nutritional and orthomolecular medicine and has made a special study of the implications of nutrition on disease. He believes that 'one can dramatically reduce or even abolish recurring infections, by adhering to a nutrient-rich diet'. Ruth Maier has been involved with nutrition education for over 26 years. Together they have devised *A Recipe For Health*, an inspiring new cookbook based on sound nutrition principles. There are over 150 easy-to-follow recipes designed to boost the immune system and achieve optimum health and well-being. The recipes include high-energy breakfasts, nutrient rich tonics, hearty meat, chicken and fish meals, vegetarian dishes, tempting desserts and wholesome breads and spreads. Each recipe includes preparation and cooking times and a kilojoule, fat and carbohydrates list. Detailed weekly menu plans show you how to meet the objectives of high density nutrients and individual requirements and how to plan your own weekly menu. These charts and plans appear to be comprehensive but at first glance rather complicated. I think a high degree of commitment would be required to really follow through and get the most benefit from them, though most people should enjoy trying individual recipes. P/b, 176 pp, Aust, McCulloch Publishing, RRP \$15.95.

THE FAMILY MEDICAL HERBAL – Kitty Campion.

This is a health guide with a difference, containing all that you need to know to treat your own and your family's health the natural way. The author looks at each person as an individual and takes a wholistic approach to diagnosis and treatment. She says of conventional medical treatment – 'The nature of the beast (the pharmaceutical industry) dictates that it produce drugs in huge quantities, but the problem is that the recipients of such drugs remain, thank goodness, stubbornly individual and this has led, over the years, to widespread disillusionment with modern drug therapy.' If you are one of the disillusioned this comprehensive guide can offer alternative methods which are natural, simple and practical. In order to make the book easily comprehensible it has been divided into body systems, and the small number of entries that simply do not fit into any body system have been put in a miscellaneous section. Over 200 minor and major diseases and problems are covered, with special sections on first aid, children's illnesses and women's health. The first chapter is concerned with preventative medicine to which the author attaches great importance.

P/b, 274 pp, Aust, William Collins. RRP \$19.95.

AUSTRALIAN RABBIT BREEDING – Barry Welch.

It may come as a surprise to many, when landowners go to such lengths to eradicate wild rabbits, to realise that some people take such pains to breed rabbits. Of course, these are special breeds, developed over centuries for their meat and pelts. For those with the interest the breeding of domestic rabbits can be a valid adjunct to a self-sufficiency program. With the demand for rabbit fur for hats ever increasing, the humble rabbit can also generate some useful cash flow. This little book is a comprehensive guide to housing, breeding, feeding, health care, showing and all other aspects of rabbit farming. The author draws on his many years of experience to present his information clearly. His own absorbing interest makes his book interesting to read. His tried and true rabbit recipes are also included. The cost seems high for such a small volume but if this area is of interest to you the knowledge of how to do things correctly will be invaluable.

P/b, 62 pp, Aust, Necrim Publishing. Available from The Rural Store, Lowdens Rd, Kilmore West 3764, for \$12 plus p & p.

QUILTS TO MAKE FOR CHILDREN – Margaret Rolfe.

Margaret Rolfe is well known throughout Australia as an authority on quilting and patchwork. Her latest book offers some tried and true

traditional patterns as well as some new and original pieced block designs, using the 'straight line patchwork' system which she has developed. With these designs it is possible to use any geometric shape, yet still sew the pieces together in easy-to-seam straight lines. There are patterns and styles to suit all tastes and abilities from bedroom quilts to quilted wall-hangings, cushions and heirloom rugs. Among the original designs there are trains, penguins, zoo and farm animals, and prehistoric animals. There is a novel design for a quilted advent calendar. All are quite simply constructed either by hand or by machine sewing. The book contains all the techniques and instructions required for each quilt, as well as examples of stitches, suggested threads and equipment and details on sewing up the end result. The beautiful coloured photographs of each project will delight both newcomers and experienced quilters.

P/b, 154 pp, Aust, Greenhouse Publications, distributed by Macmillan. RRP \$24.95.

HE HIT ME FIRST: WHEN BROTHERS AND SISTERS FIGHT – Louise Bates Ames.

The author is co-founder and associate director of the Gesell Institute of Human Development in the US and one of the foremost authorities on child behaviour. Her latest book sets out to answer the questions of why your children fight with each other so much and what you can do to create a more harmonious home. One of the themes of the book is that children fight because they enjoy it and they are desperately competing for their parents' love, approval and attention. This means that parents may have to change their own behaviour before they can change their children's. They may have to lower their expectations, to be a little more realistic about the amount of harmony they should expect, and to remove themselves from the battlefield whenever possible. Another help for parents is to know a little about what child behaviour is likely to be at different age levels. There is a comprehensive chapter on what to expect from your children in their relationships with each other at all stages in their development. It is also important to realise that children differ. Some are by nature friendly and uncontentious. Others, right from earliest childhood, are programmed by their genes to fight every inch of the way. The book can help parents understand their own children's natures and thus devise methods which are suitable to both their characters and their age levels. It is an authoritative yet easily readable combination of clinical research and practical suggestions.

P/b, 167 pp, UK, Houghton Mifflin. RRP \$12.95.

THE NATURAL MAGIC OF MULCH: ORGANIC GARDENING AUSTRALIAN STYLE – Michael J Roads.

The author has many years experience in writing, farming and lecturing. This book is a fully revised and updated version of his two extremely popular earlier books on organic gardening. As the title implies his favourite formula for the garden is mulch. He is convinced that his gardening method produces healthier and more vigorous plants as well as contented gardeners working in harmony with nature. He believes that gardening should be fun and his light-hearted approach makes the book very readable. There is advice to suit the novice and the experienced gardener alike. Topics covered include compost making, natural fertilisers, ornamental shrubs and trees, companion plants and pest control, the living soil, and of course mulch – natural magic. Mulching the soil provides a cover which is in a continual process of decay. This natural organic breakdown feeds the soil life, dramatically increasing its population. It protects the soil from heavy rain, strong winds and baking sun. Mulch works for your garden summer and winter and in all three distinct climatic zones, cool, temperate and tropical. If you are interested in improving your health along with the health of your garden you will find this book immensely valuable.

P/b, 149 pp, Greenhouse Publications Aust. Distributed by Macmillan Aust. RRP \$16.95.

ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

MUSHROOMS AT HOME

Mushrooms are a tasty delicacy and a nutritious food source. They contain protein, are rich in B vitamins and are an excellent source of potassium and other minerals essential for good health. What's more, they are relatively simple to grow at home with the latest cultivation techniques. The instructions available from the suppliers apply to the most commonly cultivated mushroom *Agaricus bisporus* also known as *Agaricus campestris*. Details on compost preparation – the most important part of the mushroom growing process – are clear and simple, as is advice on all aspects of mushroom culture. When the mushroom crop is finished the compost makes an ideal natural fertiliser for the garden. Soil fertility is improved by increased organic matter content, the soil holds water and nutrients better and the gradual release of nutrients promotes steady growth. To obtain more information on the growing of mushrooms at home, or for supplies of mushroom compost contact:

Dandy Mushroom Farm, PO Box 162, SEAFORD 3198. Ph: 03-785-2222. Fax: 03-785-2889. For your nearest dealer contact Australian Mushroom Growers Association, PO Box 236, BAULKHAM HILLS 2153.

SOLAR POWERED FRIDGE/FREEZER

The sun is one fuel source Australia has plenty of, and now Engel puts the sun to work for you in the amazing Sundowner Food Transporters. A process known as photovoltaic generation provides solar power through storage batteries to operate these fridge/freezers. The photovoltaic solar panels are simple to transport, set up and use, so you can take your Sundowner Food Transporter virtually anywhere.

This idea will suit GR people or anyone whose work takes them away from a permanent electricity supply. It will still operate at peak efficiency on slopes up to 30° and will continue to work effectively at much steeper angles, making it ideal for off-road use. It switches simply from AC to DC operation, so you can use it as an extra fridge at home, or plug into your vehicle's cigarette lighter when you're on the move. The Engel Sundowner Food Transporter is available in two models – 90 lt (3 cu ft) freezer/refrigerator or 120 lt (4 1/4 cu ft) refrigerator only. For prices and your nearest stockist retailer contact: **Lawrence and Hanson, 142 Dorcas Street, SOUTH MELBOURNE 3205. Ph: 03-697-1599.**

ALTERNATIVE WATER TRANSFER

To meet the needs of today's farmers in Australia's rugged conditions a new piping method called Flexiflume has been developed as an alternative water transfer medium with significant advantages over rigid piping methods. Being made from a tough woven fabric it is flexible, can be driven over and damage from snagging is minimised. It can withstand high water pressure, needs no special construction when covering rough ground and is simple to install and easy to handle. When rerolled, its standard length of 50 m (164 ft) in all diameters is surprisingly lightweight; unaffected by residual water it can be folded flat for easy storage. Flexiflume is ideal for water transfer by pump from a channel to a dam; in place of a channel; for controlled flood or row crop irrigation; for conveyance of water across uneven ground or to transfer drinking water. Contact the manufacturer:

Bartlett Canvas and Synthetic Products, PO Box 49, WENDOUREE 3355. Ph: 053-393-103.

RECHARGEABLE SOLAR LANTERN

We were very concerned to hear complaints from some readers that they had not received 'Leopard' lanterns ('Round the Market Place', GR 73) ordered from Sabrina Enterprises, and were unable to contact the distributor to obtain a refund. We have sent details of these complaints to the Department of Consumer Affairs on their behalf and would like to hear from any other readers who have paid for but not received the lantern. We printed the information (supplied by the Victorian Solar Energy Council) in good faith and are distressed that this has led to such problems. Please contact us at PO Box 764, Shepparton 3630 if you have any further complaints and information to substantiate them.

TOYS AND PLAY FURNITURE

Ashford Handicrafts Ltd has a tradition of excellence in the design and manufacture of wooden toys. The company policy is to manufacture quality wooden toys that give children the touch, feel, smell and experience of wood. All their toys and play furniture are carefully designed and precision crafted in the very finest quality materials. Among the items offered is a rocking horse, the desire of every boy or girl, or a blackboard which encourages creativity and writing skills for all pre-schoolers. A play wagon, wheel barrow, table and chairs and a dolls house are some of the other items. All are constructed of durable pine ready to assemble in minutes. For a brochure and price list please contact:

Gay Epstein, Travellers Rest, Snowy Mountains Highway, COOMA 2630. Ph: Toll Free 008-026-397, 064-524-422. Fax: 064-524-523.

MUD BRICK WATER REPELLENT

When unprotected exterior mud brick walls come in contact with water they absorb moisture resulting in structural damage to buildings. This damage may include damp walls, cracking, erosion, formation of mildew, and reduction in thermal insulation properties. To make exterior mud brick surfaces water repellent Tech-Dry have formulated an impregnant called Mud Brick Water Repellent WRC. It is a water-based water repellent and consolidant which has been specifically designed for use on all mud brick and rammed earth structures. One application will impregnate and bind a mud brick surface to a depth of 5 mm (3/16 in). The water repellent prevents dust, allows the surface to breathe and retains the natural appearance, is maintenance free and being water-based is environmentally acceptable. For further details contact:

Tech-Dry Building Protection Systems, PO Box 6458, ST KILDA ROAD CENTRAL 3004. Ph: 03-699-8202.

TSERKAKI OVEN

The 'Tserkaki Oven' will be of great interest to all people dedicated to living a healthy self-sufficient lifestyle. For a traditional way of home cooking an outdoor woodburning oven has been developed that is not only attractive but also energy efficient, durable and excellent for cooking.

The interior is large enough to cook big family meals and can be hot enough to bake bread. It can also be used as an incinerator. Built entirely of bricks (approx 500) it is an easy do-it-yourself project. With that in mind, a prepared and detailed plan with easy-to-follow instructions on how to build the 'Tserkaki Oven' is available for \$21.80 posted from:

E & RA Diakomichalis, Box 286, STRATHALBYN 5255.

ALTERNATIVE SEWERAGE SYSTEMS

The average family flushes up to 40,000 lt (8800 gal) of water down the toilet every year. In a country where water is precious, that's a lot of water. Environment Equipment, an Australian company specialising in environmentally safe sewage disposal systems, has developed the Rota-Loo for year round use by a family of 5 or 6. A unique four-chambered waste collection tank is installed beneath the toilet room. As each chamber fills the tank is rotated, bringing the next chamber into use. A small heater in the bottom of the tank and a fan in the vent evaporate liquid from the waste, drawing the vapour up through the vent pipe to the atmosphere. The solid waste in the tank then slowly decomposes to form humus. When all four chambers have been used, the humus in the first tank is buried in the earth and the empty chamber is ready for use again. The fan and natural venting system ensure that there is no odour. Rota-Loo is simple to maintain and needs emptying only once every one to three years depending on use. The low powered heater and fan can be run using either 240 volt AC, or solar 12 volt DC. For more information on this system or available alternatives contact:

Environment Equipment (A'asia) P/L, Box 1146, PO CITY ROAD 3205. Ph: 03-690-6063.



GRASSIFIEDS

PROPERTY FOR SALE

NEW SOUTH WALES

NSW RIVERINA. Village Marrar, 20 mins Wagga Wagga. Brick building (was cafe). Separate WB dwelling, some repairs needed, Aga stove, some shop fittings, power, water, phone, septic. Suit GR type activity, crafts etc. Includes extra land block adjoining. \$20,000. Box 26, COONABARABRAN 2357. Ph: 068-421-401.

DORRIGO PLATEAU village of North Dorrigo, two 1/2 ac. adjoining building blocks, 45 min from beach. \$10,000 each. Ph: 067-723-905.

PUTTY VALLEY colonial home on 44 ha (110 ac.) fully fenced with 5 internal paddocks, dam, perm ck frontage, river flats, suit horticulture or lucerne. Ideal horse stud or hobby farm. Power, phone & school bus. \$225,000. Ph: 065-794-520 AH, or 02-653-1312.

GRAFTON 15 ac. approx 20 km sth. Small 1 B/R cottage owner built, with power, phone, gas HWS, oven, wood heater, septic system, very comfortable but needs finishing. Plus large shed, caravan, 5000 gal tank, estab orchard, gardens, 2 dams. \$60,000. Ph: 066-493-107, or 066-431-504.

STH TABLELANDS BOMBALA area 4 B/R home 55 ac. bushland. Home is 6 yo, 28 sq, fully carpeted, solar & gas HWS, home generating system 240V, above ground pool, 40 x 20 ft shed, concrete floor. For details Ph: 064-582-045 AH.

BERRIGAN STH NSW 30 min Murray River. Old brick church, built 1890's. Simple Gothic mode, leadlight windows, land 50 x 150 m, on outskirts of town. Owner has moved to WA. \$42,500, will consider all offers. Ph: 058-722-858, or 09-561-1314.

FAR NTH COAST TABULAM 600 ac. 2 titles, zoned M/O. This fully timbered gently undulating property has easy 2WD access and a good dam. Complete with 70' x 30' shed, new 2000 gal water tank, 16 ft Millard caravan and a 10 kVA diesel generator, phone is available. This beautiful property is only offered for sale as a result of a family member passing away. \$150,000. Contact Colin Taylor Ph: 066-661-339, or write to Ralf Hawley, PO Box 56, TABULAM 2470.

ARE YOU LOOKING FOR a quieter lifestyle? Home on 3 opal claims, 6000 gal fresh water, 2 dams, septic toilet, mining equipment, 22 ft caravan, metal lathe. \$40,000. Ph: 068-293-965 GRAWIN.

COONABARABRAN 2 km from PO. Undulating lightly timbered block, power available, sealed road, approx 14 ha (38 ac). Edge of Warrumbungle Range. Change of plans forces reluctant sale. \$26,000 ONO. PO Box 26, COONABARABRAN 2357. Ph: 068-421-401.

MUDBRICK HOME and membership in Gulpa Creek Community, 25 km sth of Deniliquin, NSW, between Murray & Edwards rivers. Beautifully finished 3 B/R with wood heater, solar/slow comb hot water & elect. 5000 gal tank & estab gardens. \$68,000. Ph: 058-814-859 or 058-823-320.

COMBOYNE PLATEAU 560 ac. partly steep sloped with rainforest gullies, perm cks, 4 dams, fencing, great views. Timber cottage with loft, solar system, phone, water tanks, sheds, caravan, small sawmill, bulldozer, tractor with implements. \$130,000. D Howorka, 6/53 Smith St, BALMAIN 2041.

BRIERFIELD via Bellingen 35 min sth Coffs Harbour. 100 ac in 2 lots. 70 ac rainforest, 45 yo regrowth. Balance newly fenced pasture. Nth aspect for agriculture and many house sites, some with great views. Cottage with gas, phone etc, for immediate accom. Sealed road with school bus, only 12 km to Bellingen. Close to secluded beach, 30 min to mountain rainforest parks, Suitable M/O. Urgent genuine sale \$145,000. Ph: 03-822-2767.

WARIALDA 756 ac, crk irrigation licence, 60 ac crk flats, windmill, 2 haysheds, shearing sheds, lge old house, 6 B/R, 3 dams, 9 tanks. Plant incl. Will carry 1100 sheep with crops, 3 houses, suit holiday farm or stud. \$1000 per ac. Ph: 067-294-148.

NTH NSW NYMBOIDA area, solar designed mudbrick home on 13 ac, council approved, exposed old beams, clerestory windows, french doors, open fireplace etc, Modern kitchen with gas or S/C cooking and HWS, estab organic garden, fruit trees, plenty of fresh, dam or crk water, taps everywhere. Chooks, bees, views, privacy, phone, solar 240V, school bus at gate, 10 mins to school, hall etc, 1/2 hr Grafton. \$160,000. Kangaroo Crk Ph: 066-493-010.

1 AC BLOCK in quiet NSW country town, old WB 3 B/R house, sheds, town water, power, phone. House in need of repair \$15,000 neg. Write Rural Retreat, 6/6 Grace Crt, SHEPPARTON 3630.

HUNTER VALLEY, Merriwa Shire, 19 1/2 ac, 2/3 completed large home, 2 x 4500 gal cement water tanks, power available, main road frontage, 2 mls Cassilis, \$37,000. Ph: 049-907-524.

UNLIMITED POTENTIAL 96 ha naturally grown tea tree oil plantation, new 3 B/R house and sheds, fully fenced, unlimited water, power & phone. Immediate income guaranteed POA. PO Box 34, CORAKI 2471.

HOME AND INCOME near Port Macquarie. A secluded country retreat just 45 mins from Pt. Mac. 51 ac of forest with 2 B/R house, sheds, estab gardens and 80 fruiting trees. Solar power & hot water, 3 dams, 2 ponds, creek, phone. Income from wholesale nursery. Price \$92,000. Ph: owner 065-858-203.

QUEENSLAND

KORENAN 40 ac, 1/2 fenced, seasonal crk, cleared house site, 15 min Miriam Vale, 30 min Agnes Waters. \$24,000. Ph: 071-794-257.

20 KM FROM COOKTOWN 160 ac f/hold bush block, overgrown, access a bit difficult, however borders onto a perm waterhole-lagoon, asking \$60,000. For further details write to R Sakuth, 65 Eastwood St, CHANDLER 4155.

SOLID COUNTRY HOME in quiet pleasant village with all amenities & services, 1 hr Rockhampton. Genuine ad, this is a good house, definitely no offers \$16,000. Ph: 079-749-216.

BLACKBUTT 2hrs NW Brisbane. 9 1/2 ac with attractive 2 B/R house, natural rainforest, landscaping, lots fruit trees, 2 dams, extensive irrigation system. Has grown organic vegies commercially, 12V solar power, 5kVA generator (recently overhauled), wood stove with HWS, gas fridge & stovette, ride-on mower. Mains power available. Photos and full details available. \$79,500. Ph: 071-630-373.

BIGGENDEN country living, 1 hr from coast, 3 B/R cottage on 2 1/2 ac, 1 km town, power & phone, fully furnished, new carpet, spacious pergola with potplants. \$59,000. Ph: 071-271-160.

DALLARNIL 12 km Biggenden, 27 km Childers, 2 ac with power & phone, 30 ft caravan travelhome and annexe, 2 garden sheds, 34' x 22' shed, shadehouse, dam, pressure pump. Ph: 071-271-160.

TULLY/EL ARISH 12 ac, quiet setting, crk, bordering rain forest, f/hold. Nth aspect, selectively cleared, flood free, school bus & h'way 700 m, power, phone & town water 500 m, cleared homestead. \$35,000. R & S Davern, Ph: 075-451-734, or 07-379-9735.

TWO ACRES, 15 min Bundaberg, bitumen rd, power, phone, bore. \$21,500. Ph: 071-561-447.

MODERN 3 B/R HOME on 120 ac Darling Downs. Elect, phone connected. 1/2 hr to friendly country town, S/C stove, biolo. \$45,000. Ph: Kaye 076-628-056 BH, or 076-654-166 AH.

40 AC BUSH RETREAT, 10 mins Nth Gympie, power, phone, 3 dam sites, semi-perm crk. \$38,500 ONO. Ph: 07-203-6774.

MILLMERRAN 22 ac, bush retreat, no water, suitable dam sites. Urgent sale, \$6500. Ph: 075-867-175.

TASMANIA

HUON VALLEY house 25 ac (3 titles ea approx 8 ac), commuting distance from Hobart. New timber house, S/C cooker runs HWS and central heating, 2 sheds & caravan. All services, private, open, sunny land, partly cleared, balance bush. \$85,000. Ph: 002-294-400.

SOUTHPORT TAS. Hastings Rd, 75 ac, 2 titles, fenced, good sandy loam, 50% cleared to pasture, rest forest, many tall trees, lge spring fed dam, 40 x 20' cyclone shed. Main rd frontage. Fine views to SW ranges. Noted recreational area for fishing and bushwalking. Good potential for agriculture, retirement or investment. \$55,000. Ph: 002-494-322.

FARMLT 34 AC, 8 paddocks, 2 dams, lovely 3 B/R WB home, several outsheds. Country ideal for small berry farming or cattle. 30 min New Norfolk, school bus at door. \$65,000. Ph: 002-865-133.

NE TAS. PIONEER, W/B 3 B/R cottage on 3/4 ac with 2 titles, power, phone, town water, rainwater tank, sheds, school bus at door. Brenda Williams, C/- PO, PIONEER 7264. Ph: 003-542-381.

PROPERTY FOR SALE

TASMANIA

ELEPHANT PASS east coast, 20 ha beautiful, secluded, mostly bush, 2 good paddocks, perm water, nice house, rustic, 3-4 B/R, elect, phone, septic tank, S/C stove, open fireplace, several outbuildings, good access, 10 km to town, 1 km main rd & school bus, 10 min to beach. \$ 90,000, very neg. Allen or Kathy Ph: 003-722-329.

COUNTRY COTTAGE bush setting Cornwall Tas. 2 B/R WB house tastefully renovated interior. Carpet t/out, free standing wood heater, alumin windows, lge outdoors area, garage & garden shed. Yard needing some work to complete. \$28,500, neg. Ph: owners 004-911-809.

TAS. E COAST 30 ac bush, good soil, perm crk, 10 mins to school bus, 20 mins to beach, power close. \$37,500. B Cornelius, C/- PO, ST MARYS 7215.

VICTORIA

EUROA 6 B/R house, new plumbing, corner block, recently painted, hardiplank. 1³/₄ hr to Melbourne, 1¹/₂ hr Shepparton, Benalla, Seymour. Asking \$ 71,500 neg. Ph: 057-952-059.

NINETY MILE BEACH, reach out, touch the surf. There's nothing quite like the smell of sea air at your doorstep or the gentle sound of the waves to lull you to sleep. An ambience of quiet contentment encompasses this beach frontage of 197 ac, full of wildlife including deer. Will cost you \$260,000, terms available T.A.P. or will swap for property in or near Melbourne. Ph: 051-460-399.

81 AC FARM v comfortable, beautifully fitted 2 yo W/red cedar ranch house, 3 B/R, gas heating cooking, continuous H/W. Top brand washer & dryer, huge double door fridge & freezer w/ice maker. Town water, huge dam. SEC, phone, gas underground from gate, 500 m from house. Old train carriage, yards, perm crk winding through property, arable river flats, rest grazing. Improvements, unlimited potential, your own private national park 35 min from GPO, 15 min international airport, must be seen to be appreciated. \$360,000. Ph: 03-744-7570.

SW COAST VIC. 20 mins to Warrambbool. 10 ac secluded bush, open plan house, mezzanine floor, 2 very lge B/Rs, verandah 3 sides, solar powered 12V DC, 5 kVA generator, solar HWS, boosted by S/C stove, gas fridge, wood burner, phone, 2 x 7500 gal tanks plus bore. Small workshop, fruit trees. Must sell for settlement. \$98,000 ONO. Contact Richard, RSD ALLANSFORD 3277. Ph: 055-662-333, or Lindy 03-807-9122.

FAR E GIPPSLAND architect designed mudbrick house powered by photovoltaic cells mounted on solar tracker. Situated on 96 ac, mostly bush, lovely fern gullies, 15 min to coast, Croajigalong Nat Pk. Frontage to Princes Hwy, 10 min to state school, shop/PO, high school bus passes. 1 hr to Erinundra Plateau. Secluded but not isolated. \$140,000 ONO. Ph: 051-542-543 AH, 051-541-788 BH.

**DEADLINES: GR 76 - OCTOBER 20TH
GR 77 - DECEMBER 22ND**

GRASSIFIEDS

117 YO W/B CHURCH converted to 3 B/R residence on 5 ac in Stanley. Cool mountain climate, high rainfall, occasional snow, orchard & berry country. Short stroll to school, pub & store, 10 min to Beechworth, 45 min Alb/Wodonga, 35 min Wangaratta. Power & water, partly bush, cottage garden, ready for sheep or goats, \$ 130,000. Ph: 057-282-503.

COMMUNITIES

ELANDS COMBOYNE AREA 1/4 share of 250 ha, 3 B/R house 12V/240V solar power, new bathrm & septic system, 2 dams, S/C stove H/W, new gas stove & fridge. Gardens & fruit trees. \$59,000. Ph: 065-504-185.

NTH RIVERS NSW Roseberry Creek Valley 1/4 share 120 acres heavily timbered approx 40 ac rainforest. Bordered by state forest & two crks. Share includes 3 ac cleared gentle slopes. Fruit trees, veg gardens, dam, poultry pens, pasture, 6000 gals water storage, farm truck, tractor & implements. Self-cont cottage, phone, S/C stove, heating, gas fridge/stove, hot/cold water, 2 large w/shops, 2 cyl Lister diesel generator, 4 solar panels, foundations for hex house, septic. Good neighbours. All weather access. \$40,000 (neg). Ph: 066-364-255 or 071-864-588.

MUD BRICK HOME for sale & membership in Gulpa Creek Community 25 km south of Deniliquin, NSW, between Murray and Edwards Rivers. Beautifully finished 3 B/R with wood heater, solar/slow comb hot water & elec, 5000 gal tank and est. gardens. \$68,000. Ph: 058-814-859 or 058-823-320.

OTWAY RANGES 3 shares available 48 acre property backing on to Gellibrand River approx 10 km from Gellibrand, power, water & phone connected. Temp accom avail. Beautifully treed setting in tranquil location. Best to view. Ph: Mark on 03-531-6778. Must sell.

SHARE FOR SALE 10 ac, privacy & seclusion. Liveable shed, solar power, organic garden, main house frame erected. Beautiful views, self contained. \$30,000. More information contact Terry Brennan, Whites Rd, Eden Creek, via KYOGLE 2474.

COMMUNITY LIVING BATHURST area. Farm, existing community, elevated 500 acres, basalt soils. Tractor, farm equipment, sheds, house, water, elec. Share approx. \$26,000. Ph: after 5pm. 047-573-453 or 02-411-7977.

NORTHERN NSW, 1 hr coast. 245 ac wilderness, sub-tropical, treeferns & palms. Frost-free peace & privacy. Virgin soils, pure water. Prefer Christian-oriented persons not into harmful chemicals such as alcohol, cigarettes, etc. 1/5 share (49 ac) \$27,500. Ph: 066-622-909.

MULTIPLE OCCUPANCY GUIDE. Form a community with your friends. Avoid legal costs exceeding \$7000, lengthy delays & expensive mistakes. The 'guide' is a detailed step by step manual. Legal & practical details for every stage. Example documents incl. Send \$89 to Greg Reid, Kiah Farm, Kyogle Road, MURWILLUMBAH 2484. Brochure avail.

ONE EIGHTH equal company shareholding. All shares issued. Approved M/O estab 9 years near Ebor, NSW. 45 mins Dorrigo, 75 mins Armidale. Altitude 5000 ft. 260 ac wild nth coast high country, on escarpment at source of Nymboida River. Peaceful & beautiful. Antarctic beech/snow gum association. Incl house site with panoramic views to ocean over neighbouring New England NP if desired. Current property value \$300,000. Asking \$25,000. Very reluctant sale, now live next door, need money. Live & let live. Mature applicants appreciated. Ph: owner 067-759-108.

SHARE IN COMMUNITY 389 ac (250 ac forest) between Nimbin & The Channon. Incl plans (approved by council) for small hexagon house. \$11,500 ONO. Interest in Siddha meditation preferred but all interested souls please Ph: 02-818-3196 for information.

BUSINESS FOR SALE

ESTABLISHED POTTERY, workshop and showroom, in popular tourist complex in Bellingen. Incl all fixtures, 30 cu/ft gas kiln, small comfortable loft accommodation. Low rent, long lease avail. Excell turnover for competent potter(s). Price incl existing stock \$15,000 ONO. Ph: 066-552-072 or write: Bellingen Valley Pottery, Butter Factory, BELLINGEN 2454.

FRUIT & VEGETABLE SHOP Casino Nth NSW. Turnover \$1200 pw. Priced for quick sale \$7000. Consider exchanging caravan, car etc. Ph: 066-624-393 or 066-335-118.

OLD WARES SHOP - NE Tasmania, Derby. On Tasman Hwy, 5 years continuous business. Good reputation selling 2nd hand wares, curios, books, and more. Freehold block incl a newly constructed workshop/caretakers accom. WIWO \$37,000. David Little, Main St, DERBY 7264. Ph: 003-542-284 BH.

HEALTH FOOD SHOP Sth Coast NSW, net income \$30,000+, 5¹/₂ days. Ph: 044-230-026.

TO RENT

3 BEDROOM NEW HOUSE on 20 ac, with beautiful mountain views, need a country minded tenant who can look after our horses, between Camden & Picton, 1 hr from Sydney. \$180 P/W. Ph: 02-543-5880.

LADIES WITH OWN BUSES. Do you want to rent space for \$25 per week? Please contact me. Ph: 075-303-451 or PO Box 123, MUDGEERABA 4213.

FARM COTTAGE, small, 1 B/R, self-contained, own garden, avail. later this year or early next. We're looking for older 1-2 adults only, who like country, like gardening, have own transport & are compatible. Could be permanent for right folk. No drugs - quiet living. Pleasant country area, good fruit/veg. supplies, many interesting organisations avail. at nearest town. Write Mrs I Quigley, 'Minjilunga', CHILLINGHAM 2484.

If you wish to change your Grassified please give us FULL details of your name, address and the content of the original advertisement

GRASSIFIEDS

WANTED TO RENT

HARD WORKING COUPLE require home to rent in the nth coast area; willing to keep up the maintenance. Ph: 049-823-436 (mother).
WANTED TO RENT - nth Tas, prefer Deloraine area, comfortable house on ac. for active practical country couple & two quiet dogs. Consider lease or option to buy or caretaking. Experienced with animals, gardening etc. Required for late 1989. Write: R & N Burnett, C/- P/O, NORMANVILLE 5204. Ph: 085-582-641.
FAMILY OF THREE want house to rent, Vic. country or anywhere considered. Close to school, town, transport preferred, from Dec. Rhonda Woods, 2/61 Colin St, LAKEMBA 2195.

PROPERTY WANTED

WANTED 30-1000 ACRES. Rainforest or wet forest. Prefer perm water. Qld, NSW, Tas. Peter Stevenson, C/- 249 Lister St, SUNNYBANK 4109.
WANTED 10+ AC in Qld, 3 B/R home under \$100,000, flood free with perm crk, estab fruit trees. Please contact Valerie & Timothy. Ph: 075-302-812.

HOLIDAYS

FOREST - TASMANIA peaceful country home on 8 ac pasture and bush. Abundant native birds & animals. Magnificent beaches, bushwalking, rainforests, fishing, Nat Pks & and rugged West Coast. Historic Stanley 12 km. Bed and country breakfast \$55 two adults. Share host facilities. Dinner avail. Ph: 004-583-314.
BED & BREAKFAST, 23 kms nth Grafton. Full home grown breakfast, farm animals, bird watching, walking, handy to coast, many local beauty spots. Ph: 066-447-755.
BED AND BREAKFAST, Linton near Ballarat. Good area for birds, walking, riding, BYO bike/horse. Weekends, school holidays. V/Line bus access. Ph: 053-447-340 AH.
LA MANCHA HEALTH CENTRE Wollongbar 2480. Help with medical problems or just have a healthy holiday. \$295 pw. For brochure: 066-295-138.

SERVICES OFFERED

CRYSTAL CARDS: Gem/colour therapy. Divination, spiritual messages, affirmations, shows qualities of gems/minerals. 57 cards in silk bag. \$25 & \$2 post. Other services offered: readings, (tarot, first name, photograph), astrology, numerology, \$25. Bach flower remedies, \$7. C/- PO Box 129, MT PLEASANT 4740.
DISCOVER YOUR INNER SELF. Send your time, date and place of birth to receive your astrological chart & natal report (20 pages of in depth details of character, potential, love, paths, etc.) Great to understand children. Adult \$40, baby/child 0-13 \$35, please add \$1.20 for p & h. Astrolink, PO Box 1262, COFFS HARBOUR 2450.
FORTY PLANS for low cost homes of mudbrick, stone and timber: mail \$27 post

incl for 'The Earth Builders Construction Detail and Plan Catalogue' to John Barton, 31 Sharp St, NEWTOWN 3220, or Ph: 052-224-249.

EXCITING NEW PRODUCT. Support pantyhose complete with guarantee not to run, great product for busy women. Send long SAE to Mrs A Peart (GR), 31 Marsh St, NARANGBA 4504.

ASTROLOGICAL READINGS by Emma Johns. Natal charts, children's a speciality -help plan your child's future and understand them better. Discover your Life's pattern. \$35 Transits 12 mths. \$25 for details & form. PO Box 367 GYMEA. 2227.

WANTED

WANTED SEPARATOR for house cow. Marie Nealon, 218 Streich Ave, ARMA-DALE 6112. Ph: 09-390-2036.

FARM HOUSE wanted to rent or caretake longterm by couple. Will fix up if need be. I'm a carpenter-cum-jack of all trades. Into being ourselves. Taree Kempsey area would be nice or mid nth coast. Garry, 28 Oxford Ave, BANKSTOWN 2200.

BAIRNSDALE AREA, caretake or rent. Single, 35, starting 2 yrs full time study, Bairnsdale TAFE Jan 1990. Can do all areas handyman work/gardening etc. References. Contact Graeme Hunt, 87 Drayton Tce, WYNNUM 4178. Ph: 07-396-7575.

WANTED reliable, self motivated, friendly single mum (25-35 yrs) to share home with young family. Must love country life & gardening. 1 1/2 hrs to Brisbane. Contact Pammy 075-635-651.

PATCHWORK QUILTS wanted - old or new. Write or ring: PO Box 10, FERNVALE 4306 or 075-867-175.

NATIVE PLANT MATERIALS - wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Lge quantities preferred. Good prices plus freight paid. Contact Peter Hunt, PO Box 53, NORTH-COTE 3070. Ph: 03-482-2677.

OPPORTUNITIES

YOUR OWN BUSINESS become independent with additional income or a full time business. For details SAE to B Cox, PO Box 624, IPSWICH 4305.

FREE ACCOMMODATION in small isolated cabin on farm in Snowy Mtns NSW in exchange for 10 hrs gardening each week. Probably some work available helping build mud brick stone house. Suit two people with transport. Ph: 064-578-181 Sue.

TO LEASE CARAVAN PARK & service stn in middle of Daintree Nat. Park. Suit mechanic and wife team \$310 per wk. Extreme potential. Ph: 070-989-135.

CARETAKING POSITION C/van park site in exchange for lawn mowing. Cape Tribulation Nth Qld. RAINFOREST CAMP. Ph: 070-989-135.

CARETAKING GARDENING position. Genuine GR couple wanted. Must be competent organic vegetable gardeners. Will suit intelligent, retired couple with love for outdoors &

nature. The right people would be enthusiastic, experienced gardeners & will be responsible for growing fruit & vegetables for the family, establishing & improving existing gardens, landscaping with natives, general repairs & maintenance. We offer a magnificent 3 room, s/cont flat, toilet, bthrm, use of pool, help with elec. & extra income for help with household chores. The 4 ac property is only 10 min from Gold Coast, surrounded by native bushland, close to shops, golf & tennis clubs, ideal for gracious living. Apply in writing or ring (non-smokers only) to: Beste, 46 Worongary Rd, TALLAI 4213. Ph 075-303-157.

RETIRED COUPLE WANTED to manage craftshop, tearoom & mohair exhibit in country area near Buchan on lge farm containing health retreat centre. House provided. Send personal details & experience to ONTOS, BUCHAN 3885.

NEED EXTRA INCOME? Become more independent with additional income or full time business. Send long SAE to Mrs A Peart (GR), 31 Marsh St, NARANGBA 4504.

SUIT GRASS ROOTS LOVER, city dweller. Would you like to have your own country weekender without the cost, in return for looking after garden. South Gippsland area. 1 or 2 mature adults. Rae, PO Box 283, KORUMBURRA 3950. Ph: 03-201-612 p.m.
WORM FARMING for the beginner. Culture box, bedding, 5000 worms & capsules with instructions showing how to make \$60 per hour from the vermiculture industry, a \$50 investment starts off your worm farm. Freight by Trackfast or Comet. Wonderworm Farm, PO Box 48, MITTAGONG 2575. Ph: 048-711-337.

NSW SOUTH COAST sun sand & sea in naturistic freedom. Rent free situation young Man Friday return help house & garden. Tranquil seaside setting conducive meditative peaceful lifestyle. Ph: Paul 044-554-353 or write PO Box 537 ULLADULLA 2539. All answered.

FORTY ACRES AVAILABLE for use in return for garden help. Ph: 042-942-631.

FOOD AND KITCHEN

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

CLUBS AND SOCIETIES

THE AUSTRALIAN HERB SOCIETY Inc, PO Box 110, MAPLETON 4560. Members receive quarterly magazine & access to free seed bank & cassette library. Write to the Secretary for further information.

ALLERGIES - National Allergy Association of Australia. Information, education, counselling, membership, bulletin. Write to Head Office, PO Box 280, PARRAMATTA 2124.

GRASSIFIEDS

HANDCRAFTS

ESSENTIAL OILS, potpourri & natural products for aromatherapy & craft work. We are the manufacturers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range incl: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, essences, pottery, containers. Buy from us direct, small or bulk sizes, & save with our low prices. Send stamp for free catalogue to Auroma, PO Box 187, RICHMOND 3121 or call in at our shop 68 Burwood Rd, HAWTHORN 3122.

FINEST QUALITY MOHAIR fleece ready for spinning, straight from our purebred herd on the Southern Highlands of NSW. \$30 per kg plus postage. Bushgate Angora Stud, PO Box 1, BOWRAL 2576. Ph: 048-612-299, or 048-611-174 AII.

SPIN SILK for summer! We have caps \$1.50, bells \$37.50, tops, noils etc. Specialist textile book supplier. Russ Siddall, Mill Hill Books, C/- PO, MONTVILLE 4560. Ph: 071-429-333.

HANDMADE 100% PURE coconut oil toilet soap. No animal fat, Medicated with papaya, lathers equally well in salt water. Pack of 12 x 120 g cakes - \$16 post paid. Island Styles Ltd, PO Box 139, APIA, WESTERN SAMOA.

COLOURED MOHAIR, luxury handspinning fibre. Silver, grey, fawn, cream, charcoal. Carded fleece avail ready to spin, no waste. From \$20 kg. Goats also for sale. Blue Shadow Coloured Angoras, Armidale Rd, WILLAWARRIN 2440. Ph: 065-671-378.

POTPOURRI & SACHET SUPPLIES, the Australian company with a traditional flavour, catering to all requirements, the beginner to the chain store. We select from worldwide sources to offer you the best at the lowest prices in Australia - economy and traditional potpourris, flowers, fragrant oils, plus a wide range of fragrant gifts, including the most attractive, useful, fragrant pot in Australia. Write for free catalogue or visit our showroom. Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-482-2677. Fax: 03-481-1393.

GARDEN AND ORCHARD

SEEDLINGS OF UNCOMMON vegetables & useful plants eg: mizuna, kale, etc. Send SASE for list. 'Trewalla' Box 213, KATOOMBA 2780.

GOURDS - join in Australia's latest gardening craze. They're easy & fun to grow for all ages. It's now time to plant your seeds. Send today for your free book & seed catalogue. Gourd magazine also avail, subscribe now for 3rd & 4th editions. Back copies 1 & 2 edition also avail. Send \$3.50 per edition to The Gour dian, 187 George St, EAST MAITLAND 2323.

SEED: FRUIT & NUT. Over 200 species, 125 personally collected. Also natives, gingers, bamboo, timber, etc, specialising in the hard-to-obtain. For list, send SASE to Fruit Spirit Botanical Garden, DORROUGHBY 2480.

KESSWALD PARK NURSERY, Seamer Rd, Monbulk. Dahlias, gladiolus, hippeastrum, day lilies, paeonies & more. Send for our free bulb catalogue. Bulbs & plants sent all over Australia. Kesswald Park Nursery, PO Box 208, MONBULK 3793. Ph: 03-756-6832.

SEEDS OF UNUSUAL, useful plants. Open pollinated, oriental & hot weather vegies, fruits, fragrant, curiosities, spices, cottage garden flowers, 60c pkt. Mail order only, no visitors please. For list send 2 stamps to L Blaney, Wallace Rd, BEACHMERE 4510.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, incl plants as insect repellants. Mail order \$4.50 (postage incl). **SOW WHEN CHART.** Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$5 (postage incl). 'Plum Products' (G), RMB 2907, BRUTHEN 3885. **BIO-DEGRADABLE** seedling protectors. Protect new seedlings from animal browsing for under 10c each. SAE (Large) to I.R.S., PO Box 67, BRUTHEN 3885. Ph: 051-575-562.

NEEM TREES - seedlings for sale. Genuine varieties. Plant only frost free areas. \$3 each, min order \$35, free rail or road. Enquiries & orders: Keith Bagnall, MS 1096 Carruthers Rd, NAMBOUR 4560. Ph: 071-421-764.

HONEY LOCUST SEED. Propagate your own, \$10 pkt 60 seeds. Postage & information incl. Yarralaw Shade & Fodder Trees, Yarralaw Rd, BUNGONIA 2580.

KINGS SEEDS - 60 new varieties. The new range of 460 seed varieties incl herbs, dried flower seeds, bee plant seeds, insect repellants, oriental & gourmet vegetable seeds. Send \$5.80 for our new glossy 1989-91 colour catalogue. Helpful hints on how to grow and use the plants are incl, or send SASE for a price list. 2 Wall charts - \$4 each: Culinary or Remedial herbs and how to use them. P & h \$2 per order. Kings Herb Seeds, PO Box 14, GLENBROOK 2773.

RAINFOREST SEEDS. For catalogue & notes on regeneration please send 2 stamps & write to Bellingen Valley Rainforest Seeds, Private Bag, BELLINGEN 2454.

HERBS, DOUBLE IMPATIENS & Cape Primrose by mail. Sturdy plants, carefully packed & sent in their pots. Send SAE for list to Jill Harvey, 3 Arunta Crt, ELTHAM 3095. Ph: 03-439-2316. Sorry no sales to WA.

PICK YOUR OWN organic Valencia oranges. Old established orchard in country Vic. Member ORGAV & NASAA (awaiting certification). For directions Ph: 057-942-261.

LIVESTOCK

ANGORA DOES, registered Purebred and Appendix from \$20 each, faithful & reliable breeders with good mohair which is suitable for spinning. Terrific to keep blackberries & weeds under control, no need for chemicals. Start a herd or have a pet. I'm happy to assist those that purchase with all necessary information. Ph: 063-652-226.

**DEADLINES: GR 76 - OCTOBER 20TH
GR 77 - DECEMBER 22ND**

ANGORA RABBITS. Grow and spin angora fibre yourself. Seven times warmer than wool. Will shear up to 1½ kg per year. Coloured & white, English & German avail from \$100 each. Angora Rabbit Farm, 'Gamboola', YEOVAL 2868. Ph: 068-464-039.

CALENDAR EVENTS

THE AUSTRALIAN CRAFT SHOW, Exhibition & Sale, 22-26 Nov, Royal Hall of Industries, RAS Showground, Sydney. 10 am-9 pm, Sun 10 am-6 pm. Large range of exhibits. Free childminding (age 3-7). \$5, pensioners \$2.50, children under 12 free. For information contact June Bibby, PO Box 453, LANE COVE 2066. Ph: 02-427-6120.

ENERGY & THE GREENHOUSE EFFECT - conference organised by the Aust Institute of Energy, Oct 10-11, Southern Cross Hotel, Melbourne. Contact: Geoff Andrews, 546 Burwood Rd, HAWTHORN 3122. Ph: 03-819-1811.

COURSES

WICCAN HOME STUDIES. Select 1 choice of correspondence training from: Aromatherapy (dipl); certif courses - Psychic Self Development; Psychic Healing, Safety & Security; Wicca. Free brochure for 1 choice. Clair & Simon Lorde, PO Box 80, LANE COVE 2066. Ph: 02-699-6166 BH. Taped psychic predictive readings, free brochure.

I CAN TEACH YOU to paint. My 2 hour video will take you step by step through six Australian landscapes in oil. \$52 (incl postage) VHS or Beta. Amazing results. Please write for free brochure. Len Hend, RMB 502, MULLUMBIMBY 2482.

BUILDING BIOLOGY German diploma course by correspondence, recently translated. Enquiries: PO Box 159, NIMBIN 2480. Ph: 066-221-548.

LEARN GUITAR by cassette. This excellent beginners method covers chords, solos, tuning, rhythm, basic songwriting, rock techniques, theory & much more. Our course incl instruction book with easy to read diagrams & cassette with musical examples of each lesson. Immediate delivery assured. Cost \$35 (we pay postage). Send cheque or M/O to Brunswick Publications, PO Box 252, CROYDON PARK 2133.

PERMACULTURE DESIGN COURSE for city gardens in Melbourne. The course will teach you how to create an attractive, healthy & productive food garden & save energy in your house by establishing a natural system that functions without the use of artificial chemicals. The place is Melbourne, Brunswick City Farm. Two weekend course, total of 26 hours. Cost \$180, conc \$130. Pro-Nature, 2 Saxon St, BRUNSWICK 3056. Ph: 03-387-7196.

MISCELLANEOUS

EARTHWORMS the 'Speedy Breeder Compost Worm' revolutionises your compost & transforms your garden. Just \$12 per 1000 worms. Price incl postage Aust. wide & pamphlet on worm care. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

GRASSIFIEDS

MISCELLANEOUS

10% OFF SOLAR electricity costs when you purchase a complete system from SOLARFORCE AUSTRALIA. 10% off all system components except batteries, plus free delivery. We can also install your system. All installations comply with RAPAS requirements. Write now for free quote or more info to PO Box 586, KEMPSEY 2440.

MEDITATE on the inner Light and Sound & transcend body consciousness under the guidance & protection of Master Sant Darshan Singh. True spirituality is a gift from God and is given free of charge. For further info please contact Sawan Kirpal Ruhani Mission, 63 Morrie Cres, NTH BLACKBURN 3130. Ph: 03-898-8950.

BLUE DAZZLER TORCH/SEARCHLIGHT. Powerful 30 watt beam & heavy duty battery rechargeable with ordinary 12V charger. Direct from factory price \$75 each. GB Douglas, PO Box 215, WHITSUNDAY 4802. Ph: 079-466-738.

LUFFA MITTS, great for gifts (cheap postage), market stalls, shops, children, yourself. Display cards avail. 1 for \$2.20 posted, 3 for \$5.60, 10 for \$16. L Thrussell, Gate Rd, GOOMBOORIAN 4570. Ph: 071-833-804.

A NEW IDEA in natural health care for you & your animals. Vitamins, herbals, homeopathics, nutritional supplements. Mail order - free delivery. Nutrition Unlimited, PO Box 452, CASTLE HILL 2154.

FLOWER PRESSES hand made with wood burned pattern on front. A perfect gift for all ages. Send \$14 to J Singleton, 18 Corbett St, DARLINGTON POINT 2706.

MARKET STALLHOLDERS unique hand-made soaps and cosmetic creams featuring Australian oils, made from traditional recipes. Eucalyptus beeswax candles. Discount prices for bulk orders. Send SAE for full products list. Forest Edge, C/- PO, BROOWEENA 4620.

PROTECT YOUR SKIN with Forest Edge creams and salves: 25 g Macadamia Beeswax Lip Salve, 55 g Avocado Honey Glycerin Nourishing Cream, \$2.50 posted. Handmade soaps many varieties, traditional range, Australiana range, unscented range. Send SAE for full products list: Forest Edge, C/- PO, BROOWEENA 4620.

CROSTREE PACKSADDLE for sale, new, suit donkey or pony \$75. Ph: 03-570-2581.

FOR SALE Electrolux kerosene fridge/freezer, model RAK100, 2 door, 210 l, G/C. \$750. Ph: 07-289-9235.

RAMMED EARTHBRICK MAKING machine for sale. Near new cond, made by QED Hydraulics, Vic. Comprising motor driven paddle mixer & hydraulic brick press. Brick size is 350 mm x 250 mm & variable thickness, up to 400 bricks/day output. New cost for the two units \$7350, asking \$5700. Ph: 063-377-269 late pm/early am.

QUALITY HERBAL PRODUCTS - homeopathics, herbal medications, dried herbs, potted herbs, essential oils & booklets, Bach flower remedies. Send SAE for detailed price list: Tallebudgera Herbals, Guineas Ck Rd, TALLEBUDGERA 4228. Ph: 075-339-505.

LISTER DIESEL GENERATOR 4 1/4 KVA remote start \$2200 ONO. Everhot Deluxe 204 combustion stove \$1300 ONO. Gas freezer \$300 ONO. Rinnai energy saver 55IF LPG (new) gas heater \$650 ONO. R & T Walker, RMB 3220 Bromfields Rd, Northwood via SEYMOUR 3660. Ph: 057-921-548.

TWO KEROSENE FREEZERS chest type for sale \$1700 each ONO. Both as new, could deliver. Ph 067-252-234.

BRYAN & CAROL CLAESSEN extend unsolicited compliments to Peter & Eleanor Colpo on the completion of their home at Tailem Bend SA & are pleased to conscientiously recommend Colpo's Transportable Homes of Smithfield to anyone in need of a well constructed home & 2 wonderful people to deal with.

BUILD YOUR OWN High Mileage Super-Carb. 70 mpg achieved on Big 6 Valiants. Write today for free details: EPM Power Systems, Box 255N, IVANHOE 3079.

BRICKS, save 100s of dollars. Make your own. Send SAE for list and prices of moulds to B M Alford, PO Box 61, HOPETOUN 6348.

GOUT CONTROLLED 400 yr old recipe that works. Send \$2 & SAE to Paula Mann, 7 Myrtle St, MILTON 2538.

SAVE AND DO IT the Quick Brick way. Quick Paver, Quick Brick & Quick Form (in situ block maker). The fastest & easiest machines avail in Aust. Send SAE for brochures to Quick Brick, PO Box 627R, GYMPIE 4570, or Ph: 071-827-099 anytime. You can do it yourself the Quick Brick way.

LOW SPEED GENERATORS for windmills, water turbines, steam engines. The definitive book: The Homebuilt Dynamo (1987) 182 page, 8 1/2 in x 12 in hardback. Generator design & construction with ceramic magnets. Complete plans, 268 photographs, step-by-step construction details. Post Paid airmail \$85. (Brochure \$5 refundable). Todd-Forbes Publishing, PO Box 3919, AUCKLAND NZ.

PUBLICATIONS

A GLIMPSE OF AVALON by Rhiannon Ryall. This little book of spells and simples, & many more psychic/animal books etc, are avail from: The New Age Bookshop, 171 Eaglehawk Rd, LONG GULLY 3550.

ORGANIC FARMING IN NZ - a self-sustainable farming system combining old & new techniques, 30 page booklet full of useful hints & advice, \$15 posted from Oakridge Farm, RD1, TOKOROA NZ.

A GLIMPSE OF AVALON. \$12 post free, Cats' Company \$10 post free from The New Age Bookshop, 171 Eaglehawk Rd, LONG GULLY 3550. Special Offer: both books for only \$20.

HANDBOOK OF NATURAL REMEDIES. 48 pages of useful information \$5. LA MANCHA RECIPES 70 dairy & egg free, vegetarian recipes \$4. Prices incl post. La Mancha Health Centre, WOLLONGBAR 2480.

BIRDS INTERNATIONAL - a new quarterly magazine devoted to birds of the world.

Available only on subscription at \$28. Write to Birds International, PO Box 206, TURRAMURRA 2074. Ph: 02-406-9222.

'TUNING IN' a brand new news bulletin especially for Free Energy Buffs. News/views/feedback & linkup. All the latest on the Free Energy scene. ONLY \$25 for 12 issues. \$3 sample copy. Write today: FREE ENERGY CONNECTION, Box 255N, IVANHOE 3079. SURVIVAL - UNICORN'S next issue tells how the famous and influential struggle to save our natural environment, while you can avoid the use of toxic chemicals around the home. Available from all newsagents, selected supermarkets and healthfood stores, or subscribe for \$22 for 6 issues. PO Box 125, NIMBIN 2480.

NEXUS NEW TIMES magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental and physical health and enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$12 per year. NEXUS New Times, PO Box A556, SYDNEY SOUTH 2000.

DONKEY SOCIETY OF AUSTRALIA For information on magazine subscriptions, publications, books & the care of donkeys contact, Federal Secretary, M M Smith. 'Warrawurra', Bushells Ridge Rd, WYEE 2259.

AUSTRALASIAN HEALTH & HEALING - Journal of Alternative Medicine, Australia's major healthcare quarterly emphasising self healing and prevention of illness through measures which raise body defences. Sold at most newsagents and health shops. \$3.50 each and by subscription \$12.50 per four issues (1 year), \$23 eight issues (2 years). Write: Australasian Health and Healing, 29 Terrace St, KINGSLIFF 2487.

AUSTRALASIAN SURVIVOR. The magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 11, DICKSON 2602.

IMAGINE (formerly Maggie's Farm) alternative network magazine. A unique experiment in access press run by a volunteer collective as a regular news service linking many citizen initiative groups & networks world-wide. Planet Earth news, hues & views. Eco-action, health and healing, new technology, psychic reality & communal lifestyles. 4 issue sub. \$10. Imagine, PO Box 151, LAWSON 2783. Ph: 047-824-851.

ORGANIC GROWING. A quarterly magazine about growing food the natural way. Gives you practical ideas for organic gardening, farming, livestock & related subjects. Available at newsagents (\$2) or by annual subscription (A\$10 or \$12 overseas). PO Box 228, ULVERSTONE 7315.

TEXTILE-FIBRE FORUM covers all the textile arts in the Australian region, & incl NZ. It is a high quality, 60 page, colour magazine. Subscribe for \$16 a year for 3 issues to AFTA, Sturts Crafts Centre, PO Box 192, MITTAGONG 2575. 2 year subscription is \$31. For a sample issue send \$5. Make cheques payable to AFTA. A truly exciting publication.

CONTACTS

I AM A TALL 34 YO GENT with average looks, broad-minded, gentle nature, in semi-pro health field in Melb, interested in quality things, honest people, GR life, enjoying the environment, plants, animals, music, reading, an occasional rage and perhaps self-suff one day. I have moderate views and believe in everything in a balanced way. Seek friendship with a straightforward woman, intelligent, independent, compassionate, slim, not spiritual, drug or diet fanatic, with sense of humour. CJ, C/- PO Box 764, SHEPPARTON 3630.

ATTRACTIVE, intelligent female, 27, slim, brown hair, green eyes, honest, caring, loves nature, animals and children. Non-smoker. Interested in music, art, reading, alternative living. Looking for an attractive, sensitive, practical man with a great sense of humour, 28-35. Kristen, C/- PO, IVANHOE 3079.

LADY WANTED to share love and idyllic lifestyle Nth Qld. Timber home near waterfall, 35 y.o. guy 8 y.o. son. Interests playing instruments, developing plant nursery. Seeking ambitious nature, secure, comfortable future. Terry, Box 455, EL ARISH 4855. Ph: 070-685-301.

SCORPIO MALE, intelligent, capable 56 y.o., 178 cm tall, slim and fit, very practical, down to earth in outlook but still affectionate and caring. Presently living on 12 ac some 71 km NE Dubbo. My ambition is to run a small virtually self-sufficient farm and share a peaceful life in the country with a loving partner. I'm seeking a thoughtful woman of similar outlook to share my future. Please write or phone John Green, PO Box 44, MENDOORAN 2842. Ph: 068-861-028.

MALE 42, Cent Qld Coast, 5 ft 5 in, s/drinker, n/smoker, enjoys quiet outdoor life. Seeks woman around same age to walk the beach, enjoy nature life and company. Peter, PO Box 80, EMU PARK 4702.

UNREPENTANT HIPPIY 29 y.o. 'Peter Pan' seeks 'Tinkerbelle' to share ups and downs in search of the good life i.e. sunshine, land, harmony, love and peace. My interests: music, photography, environment, arts & crafts, fishing. If you are romantically inclined with similar interests please write. Greg Chandler, C/- PO, EXETER 2579. All letters answered. GUY SINGLE, 5 ft 6 in, 32, enjoys all things outdoors. Would love meeting & sharing an affectionate relationship with a lady interested in music, nature, philosophy & loves life, who lives in Melb or country Vic. Write soon. Adrian, C/- 5/10 Maryville St, RIPONLEA 3182.

SLIM SPIRITED sensual woman 45, into fitness, fun & laughter, likes swimming, music, nature, seeks companionable relationship, any nationality but near Melb. Ph: 03-499-6133.

GEMINI LADY, lives SE Qld, 47, attractive, slim, happy, serious, intelligent, loving, secure. Waiting for selective, intelligent, Australian Aquarius, 45-50, who is loving, has already achieved, loves his grown-up kids, laughs lots but not loud, isn't a sport or computer bum, and looks to a peaceful happy

GRASSIFIEDS

but interesting future co-appreciating assets, interests & ourselves. Gemini, C/- PO Box 764, SHEPPARTON 3630.

MALE MID FIFTIES, with no blood relatives in Aust, would like to meet someone of similar status. Write George, C/- PO Box 764, SHEPPARTON 3630.

DESPERATELY SEEKING a man with true grit! An interplanetary soul searching for peace and freedom, into music, moonlit beaches, starlit skies & getting caught in thunderstorms. I'm 24 yo, female, activist, socialist, greenie, vegetarian, spiritually aware, romantic, sensual & spontaneous. If you're a rebel with a cause, 20-35 yo, & need a soulmate, lover & friend, write to: Katie, 21 Wavell St, BOX HILL 3128.

SINGLE AQUARIAN cattleman, own property, sense of humour, quiet, n/s, n/d, mid 40's, 6 ft 2 in, likes children, animals, tennis & talking. Seeks interesting lady who desires a family & security. Ken C/- PO Box 764, SHEPPARTON 3630.

LADY LATE 20'S, seeks a companion to share a love of the outdoors, bushwalking, music (mostly classical) & dining out. My other interests incl an awareness of conservation & current political issues, history, art & literature. Sandy, PO Box 1497N, GPO, MELBOURNE 3001.

NATURE LOVING GUY 35, seeks outgoing, natural, sensual, non-smoking, simply living soulmate to share life's wonders together on beautiful sth coast WA. I am slim, 172 cm, active, caring, well travelled. Scott, C/- PO Box 764, SHEPPARTON 3630.

HELLO I'M A GUY 35 years young, 5 ft 4 in, dark hair, fit. I have a deep respect for the land, I am seeking a soul mate who is affectionate, sincere & gentle. I enjoy bushwalking, travelling, gardening, have a cottage with 5 ac near Ballarat. Please write to: Mick, 46 Austin St, FOOTSCRAY 3011.

GERMAN WOMAN artist, would like to meet single Aust. male. I am 49 yrs, 60 kg, 168 cm. Presently working in Japan, arriving Aust. November '89. Needs help to settle down. I am non-smoker, reliable & have various skills to offer. All letters answered. Veronika Knittel, C/- PO Box 764, SHEPPARTON 3630.

GENT 58, 6 ft 2 in, non-drinker, non-smoker, would like to meet lady for outings, touring, camping & bushwalking. Prefer non-drinker, non-smoker. Must like camping, bushwalking. Country lady, easy travel from Sydney OK. George Bray, 41 Murrumbidgee Ave, CARINGBAH 2229.

45 YO GENTLEMAN, loving, loyal, honest, spiritual, communicator, alt. health/fitness, 5 ft 10 in, 70 kg, non-smoker/drinker, no drugs, intelligent, ABC-TV, non-fiction, music, massage. American born, clerk. 3BR house on 5 ac. Wants compatible, quiet lady, experienced in or committed to rural self-suff, willing worker, unattached, very communicative, deep thinker, prefer natural blonde, blue eyed, feminine, no kids, no debts, political activist. Interstate replies welcome. Randolph, RSD 9, MYALLA 7321. Ph: 004-451-278.

LADY 57, interests meditation, reading, music, art, seeks male friend. R. Corowa, C/- PO Box 764, SHEPPARTON 3630.

HANDSOME SINGLE Scorpio, 39, financially secure with no ties, seeks compatible mate, view harmonious, happy life, marriage & children. I'm fit & healthy, humorous, compassionate & loving, child-less to date due to previous nomadic lifestyle & business & a desire to gain financial security first. Now firmly settled on own lovely, income producing property in beautiful unspoilt sth coast town. Interests incl love of nature, outdoors, bushwalking, native flora & fauna, organic gardening, boating, beaches, music, cooking, mud-brick, lead-light, meeting people, children & much more. I live in hope that a special woman is out there somewhere, to share all with. Prefer age 25-35, with some degree of financial security. How about comparing notes soon? Genuine only please. A.L.A. Paul, C/- PO Box 764, SHEPPARTON 3630. JUSTINE, please phone me again, lost your address and phone number. ROGER.

MALE 24 seeks male companion to 40 yrs, clean living, sincere, creative, looking for friendship, possible longterm relationship. Good looking of medium height, interests nature, sewing, dancing, good sense of humour, bushwalking, monogamous, sincere, self-sufficient, adventurous. A.L.A. Bradley, C/- PO Box 764, SHEPPARTON 3630.

MALE 53 YRS, residing Sydney but soon to migrate to small acreage around nth coast. Like to meet nice helpful, down to earth caucasian lady, content with less money-dependent lifestyle. He is personable, unpretentious, domesticated, handy, non-fanatic, various interests & skills including part-time business experience & caravanning. Reply: John, PO Box 407, DRUMMOYNE 2047.

ARE YOU NON-SMOKER, non-drinker, vegetarian, with great interest in metaphysic, parapsychology, biodynamic gardening & farming, real art & spiritual life, then you are most welcome to help me with a great & special task (like an Egyptian wisdom-school). Area: NQ, good soil, glorious views (360°), best vibrations for meditation (1000 m high), 180 ac. Please write about your skills or if you wish to become a student (\$45 per day). Karin, C/- 21 Hyde St, FERNMOUNT 2454. Ph: 066-552-248.

NICE LADY 38, slim, caring, capable, communicative, easy to look at, non-smoker, non-drinker, living simple lifestyle central NSW, enjoys pets, reading, horseriding, music, gardening, films, seeks contact similar people. Maria, C/- PO Box 764, SHEPPARTON 3630.

ADHERANTS OR FOLLOWERS of Adriane and Diana on nth coast of NSW, group or individual. Contact Keridow, C/- PO Box 712, GRAFTON 2460.

LEO LADY 31, 2 children, living nth coast area. Seeks honest, sensitive male for friendship, view perm relationship, 30-45. He must be intelligent, down to earth, tall, love the beach, bush walks, children, wildlife, art, good times. Prefer non-smoker. Susan, C/- PO Box 764, SHEPPARTON 3630.

GRASSIFIEDS

LATE GRASSIFIEDS

MELBOURNE LADY, 58, 5 ft 5 in, 10 st, retired, own home, financially independent, no ties, social drinker, non-smoker. Likes: bush & beach walks, national parks, travel, Scrabble, Canasta, crosswords (plain & cryptic), caravanning, reading, picnics, quiet music, open fires. Dislikes: crowds, football, noise, violence. Looking to share the golden years with an enthusiastic companion. Please write to PO Box 567, MORDIALLOC 3195.

LADY SEEKING close sharing companionship of another intelligent lady. I am 34, happily married, 4 children but miss female company, have large citrus orchard. Interests: our farm, family life, country living, fun. You could work, live & share with us. You could be gay. Ph: 071-654-207.

CHRISTIAN MALE, tall, slim, attractive, 25, working at putting together 50 ac hobby farm near Foster NSW, am both quiet & outgoing, many interests, love the great outdoors, seeking a slim, attractive female, 17-30, Christian minded, to share & build a friendship/permanent relationship, interstate welcome. G Schofield, C/- 5/18 Commerce St, TAREE 2430.

LADY 43, Taurean, 5 ft 5 in, slim, sense of humour, 7 y.o son, loves animals, country life, music, books. Looking for gentle, strong, loving, intelligent man with similar interests. Sue. PO Box 100, LILYDALE 7268.

GEMINI MAN - young 37, slim/medium build, physically quite presentable, seeks similar honest, caring & individual minded lass, 25-40. View perm companion/relationship. Children OK. I enjoy the 'green' outdoors, crafts, gardening, all music, bush folk dancing, horse activities & much more. Own home 1 ac, horses. Have time, energy for that special lass to share with: all letters answered. **Lionel Raines, 50 Catherine St, LONGFORD 7301.**

JUSTINE, Please phone me again, lost your address and phone number. ROGER.

MALE SINGLE 47, non-smoker/drinker, living Sydney. Lover of outdoors, enjoys simple things in life, friendship, good company, bushwalking, beach. Has sense of humour. Moving to acreage near future, like to correspond GR type lady with similar interests. I am slim, have been told that I have resemblance to Robert Redford from the knees down. Laurie, PO Box 169, GYMEA 2227.

OUTDOORS, NATURE oriented lady, div, 47 young, fit, healthy, is looking for an alternative to her office job/city living, not necessarily total self-suff on land, perhaps semi-altern lifestyle would be more realistic, achievable goal. I would like as well to develop a loving, caring & enduring relationship. I seek trustworthy, intelligent man with a sense of outdoor adventure, n/s, non religious, no ties, someone who leads active, non-city life or is determined to do so in the near future. Please be honest. Write to Qld Lady, C/- PO Box 764, SHEPPARTON 3630.

MALE 36, handsome, educated, practical, (albeit spiritual). Interests: fishing, books, organic gardening, bushwalking, whole-foods, keeping fit, nature, self-suff. Would like to travel coastal Australia, view to ideal place of settlement. Seeking like minded girl for friendship, companionship, lasting relationship. P. B, C/- PO Box 764, SHEPPARTON 3630.

ATTRACTIVE INTELLIGENT MALE, 31
yo, 6 ft tall, slim, blue eyes, brown hair &
moustache. Living nth coast NSW. Enjoys
doing almost anything outdoors, fishing, night
out & home life. Own home on 3 ac, seeking
slim, attractive lady from any area, 18-34,
who'd like to settle down in the country, by
the seaside. Write Geoff, C/- PO Box 764,
SHEPPARTON 3630.

DEADLINES: GR 76 – OCTOBER 20TH
GR 77 – DECEMBER 22ND

TASMANIA. Passive solar, 2 storey, 3BR mudbrick & timber on 7 ac of beautiful bush at Deloraine. 7 sq garage/workshop with upstairs suitable for studio. 5 mins to Deloraine, 45 mins to Devonport/Launceston. 7000 gal raintank, comb stove heating hot water. Cosy & secluded \$140,000. Ph: owners Miff & John 003-623-278.

NOOSA HINTERLAND. House on 31 ac in peaceful valley. 6 rms, kit/din, bath, WC, septic, power, phone. Car & workshop space under. Half forest, half cleared. Dam. House is set on a ridge with panoramic views & lots of wildlife. Gympie 25 mins, Cooroy 15, Noosa 30, Nambour 35. \$72,000. Principals Michael & Helen Cunningham, 062-317-749 or 062-702-441 BH.

WE REQUIRE HELPING HAND with growing & preparation of living/raw food diet incl wheatgrass; small veg garden; housekeeping; cleaning & maintenance. Approx 6 hrs daily, five days per wk, in return for board & small wage. Additional work avail if required. Lovely house, located on Lane Cove River, quiet suburb, Sydney. Please phone Helen Walker 02-906-2711 or write: PO Box 432, ST LEONARDS 2065.

WEEKEND FESTIVAL of craft & books - Dec 2-3, 10 am-6 pm, Ruffy Hall, Nolan St, Ruffy 3666. Exhibitions, craft demonstrations, comprehensive range of new craft books. Bring a busload of fellow enthusiasts. Contact: Valda Martin, RMB 2600, RUFFY 3666. Ph: 057-904-201.

HOLIDAYS - CAMPING on mid-nth coast in peaceful state forest. Abundance of native flora & fauna. Walking trails or BYO bike/horse. Meals avail. POA. Ph: 065-660-064.

HOLIDAYS - GRAMPIANS AREA. Visit us at our farm house in peaceful idyllic setting. Native animals, birds & wildflowers abound. Old fashioned hospitality \$30 per night. Ph: 053-839-223.

[illegible]

Feedback Link-Up Feedback

Dear Readers,

For many years I've dreamt of living in the country. Now I have ME and have decided to make the dream come true, at least for a few months. Where can I find a place, ANYWHERE IN NSW, self-contained and very quiet with access to good organic food and transport/shops (I do not have a car)? It can be quite primitive as long as I can keep out the rain and cold. Though not essential, the ideal would be to have some spiritual/meditation centre nearby. I am 47, quiet reliable and happy living a simple lifestyle. I will be very grateful for any suggestions about where best to look. Also if anyone has any advice/experiences on living with ME in the country I'd love to hear from you. All letters will be answered.

**Katherine
108 Denison St
CAMPERDOWN 2050.**

Dear GR's,

Well, at long last we are with our land at beautiful Blackbutt, our plans were brought forward abruptly, but it sure is worth it. For sustenance, I am now in a position to assist GR's who wish to acquire some of Australia's BEST COUNTRY; the quality of fruit, vegies and meat was delightful to the eye and pocket after 11 years in the far central west, particularly nice to see are the number of organically grown products. Also impressive is the number of people who will say 'hello', and in particular the youngsters. This area is also the 'home country' for the 'Citizens Electoral Council', it is gratifying to find a group willing to advocate the will and wishes of the community at large.

**Clem Clarke
C/- PO
BLACKBUTT 4306.**

Dear Readers,

Few magazines have such an interesting, helpful section equal to Feedback in *Grass Roots*. There are all sorts of wonderful books to be purchased but for many buyers books are a luxury. Helping each other by sharing ideas and information, patterns, directions etc is something to be proud of.

I have received at least 5 chain letters in the past few years, one delightful couple claiming to be great Christians (doubtful in my opinion). I just threw them away but if I were to receive more I would expose these people and get Consumer Affairs or a suitable body on to it.

Please! I am looking for seeds of LIQUORICE (*Glycyrrhiza glara*). Phoenix Seeds can't help! Also seeds of any sort of PAULOWNIA tree to try. I would very much like to correspond with anyone already growing these Chinese paulownia trees. I was totally unsuccessful at raising some *Paulownia tomentosa* seeds, but am willing to try again when I gain some more knowledge on them. I know I can buy rootstock but have not felt financial enough, would prefer to raise from seed if possible.

I have started a COMMUNITY MARKET in the local village of Bowning. It is still doing well after nine months, growing in popularity all the time. Our market days are held once a month. All are welcome including new stallholders (booking preferred). There are outdoor and indoor stalls, a lovely park area and children's playground away from mainstream traffic. Everyone really enjoys our market days and although I find them a lot of work I find it is all worthwhile. It was lovely to meet a couple of *Grass Roots* readers at our last market - I always wish I had more free time to stand around and chat to the people on market days, they are always nice interesting folk.

**Leonnie Stewart
C/- PO
BOWNING 2582.**

Dear GR Readers,

Extreme thanks to Jan Petty (GR 72, p. 79) for sharing her success with bee pollen tablets as an asthma treatment. One of my sons has suffered persistently with asthma for more than 10 years, with no ongoing relief from prescribed medications or previously tried natural remedies - but the bee pollen tabs really are doing the trick!

Something which may help Kathy (GR 72, p. 80) for her

RHEUMATISM, as well as anybody suffering from arthritis, is a product called Marienbad salts - foul tasting, but vouched for by many people I know, if taken on a regular basis. They are very cheap and available through most health shops.

I have a request that I'm really hoping to get a lot of feedback on. Four and a half years ago my husband was severely ill after contracting LEPTOSPIROSIS from dairy cattle. Although he gradually recovered to a certain degree, he has never been totally free of the effects of leptos. As this seems to be such an unknown area of medicine (where treatment is concerned) I'd like to hear from anybody else who has either had leptos or who has close contact with or knowledge of somebody who has had it. Perhaps some sort of a support group could be formed where experiences and various forms of treatment could be shared in the hope of conquering this mentally and physically debilitating illness.

It's great to be hearing from so many 'oldies' in *Grass Roots* Feedback too. God bless you all.

**Diane Chandler
'Glenhaven'
Rixons Rd
GUYRA 2365.**

Dear GR Readers,

I would like to answer A M Freeman's query on more uses for ALOE VERA. This herb has a long history of use as a healing plant. It provides soothing relief and healing where there is internal or external inflammation. Externally its prime use is for the treatment of burns, scalds, sunburn, sores, wounds, bruises, rashes, cuts, stings and bites and to relieve the symptoms of eczema. It is wise to have at least one plant near the house where you can break a piece off to rub on in an emergency. Aloe vera can also be purchased in drink or gel form and is useful internally to alleviate constipation and to help cleanse wastes and toxins from the system.

Sandra Nixon asks for help with SMELLY FEET. here are some suggestions you should try. Keep the feet as dry as possible. Wear cotton or wool socks and change them as often as possible. Wear leather shoes and change them daily, airing them well between uses. Soak the feet in an aluminium salt bath and scrub off dead skin before using a medicated powder. The taking of silica is recommended where there is excessive sweating of the extremities - it is sweating which causes the rapid growth of normal foot bacteria which break down dead skin cells and in the process causes this problem. Emotional upsets, drugs, diabetes and obesity aggravate it.

**Liisa Hobler
9 Warana Ave
Bray Park
MURWILLUMBAH 2484.**

Dear Megg, David and Staff,

Have recently discovered the cause of the wretched burning/itching rash on my wrists is an ALLERGY TO our beloved CALVES. Well, there is no way we're parting with them. I'll just learn to live with it, am only mentioning same because you've always felt like family to us and there must be 100's in my predicament. It's just one more cross to bear in country living but, and a big but, a small price to pay for the joys and privilege of same.

Megg, I'm constantly amazed how you manage to find something new each time for Gumnut Gossip and Down Home on the Farm and still make it so rivetting.

**Janice Sparksman
Box 547
BEGA 2550.**

Dear GR People,

In reply to Lucy (GR 72), I have for my last 2 babies boiled the nappies with LUX FLAKES (about 1/2 cup to a dozen or so nappies), rinse twice and hang in the sun to dry. Nappies are always nice and soft. The wash water goes on the garden after, and it's doing fine.

**M Ruth
160 Loftus St
TEMORA 2666.**

Feedback Link-Up Feedback

Dear GR Readers,

I thoroughly enjoyed reading the February issue of *Grass Roots*. I am a new reader of your magazine and read every word from front to back cover – even the ads!

Since terminating my employment in 'the big concrete jungle' some 4 years ago, I have been on a very insightful inward journey: understanding who I am, what I expected from life and more importantly, what I'm prepared to contribute and give of myself in order to realise my own expectations and be a better human being. Getting down to the real GR level I realise I WANT TO GROW – as an individual working and living with my fellow beings and working on the land growing food crops, in re-afforestation programmes or even house/farm sitting. I'd love to find an opening in an organic/chemical free environment close to a train line or main highway for weekend transport to and from Brisbane, where my husband's work is. I want to put into practice my learning about basic commercial horticulture from a Brisbane TAFE college. I enjoy meeting new people and very much enjoy being with children.

My letter is in response to a little sentence tucked away on p. 35 of GR 71 – 'God gives every bird its food, but does not throw it into the nest'. For me, that was saying, 'Go out and search for what you want – it's there, but don't expect to find what you want sitting on your bottom at home.' Here goes, this little bird is leaving her nest. What will she find?

**Helen Moller
C/- 6 Malu Street
MIDDLE PARK 4074.**

Dear Megg, David and Gang,

I am enclosing a photo of our tractor which you may be able to use in your mag. I had a great time painting it and it gets lots of waves and smiles when neighbours borrow it and take it near the Kennedy Highway. It might give people some ideas for their farm machinery. Here is the ultimate of designs for the 'Troppo Tractor'.

**Lindy Alba
Box 1008
MAREEBA 4880.**

Dear Grass Roots,

We are confined to an affluent suburban environment here in Trumbull, USA (you're a health food nut if you eat whole-wheat bread). We have met some caring people but they have no idea about living without peak hour traffic, takeaway foods, imported sports cars and lengthy vacations at their summer house. As for growing their own vegetables – that's very 'quaint'. It makes me sad, and they think I am a bit strange when I am always working on some handcraft project – recently my locker-hook rug raised one neighbour's eyebrows!

The people here are so materialistic I am starting to wince when talk turns to our home in Australia. Our small farm cottage still has a fairly basic exterior despite a good deal of loving interior renovation and when we show photos of the place, people seem somewhat stuck for words. Enough of that!

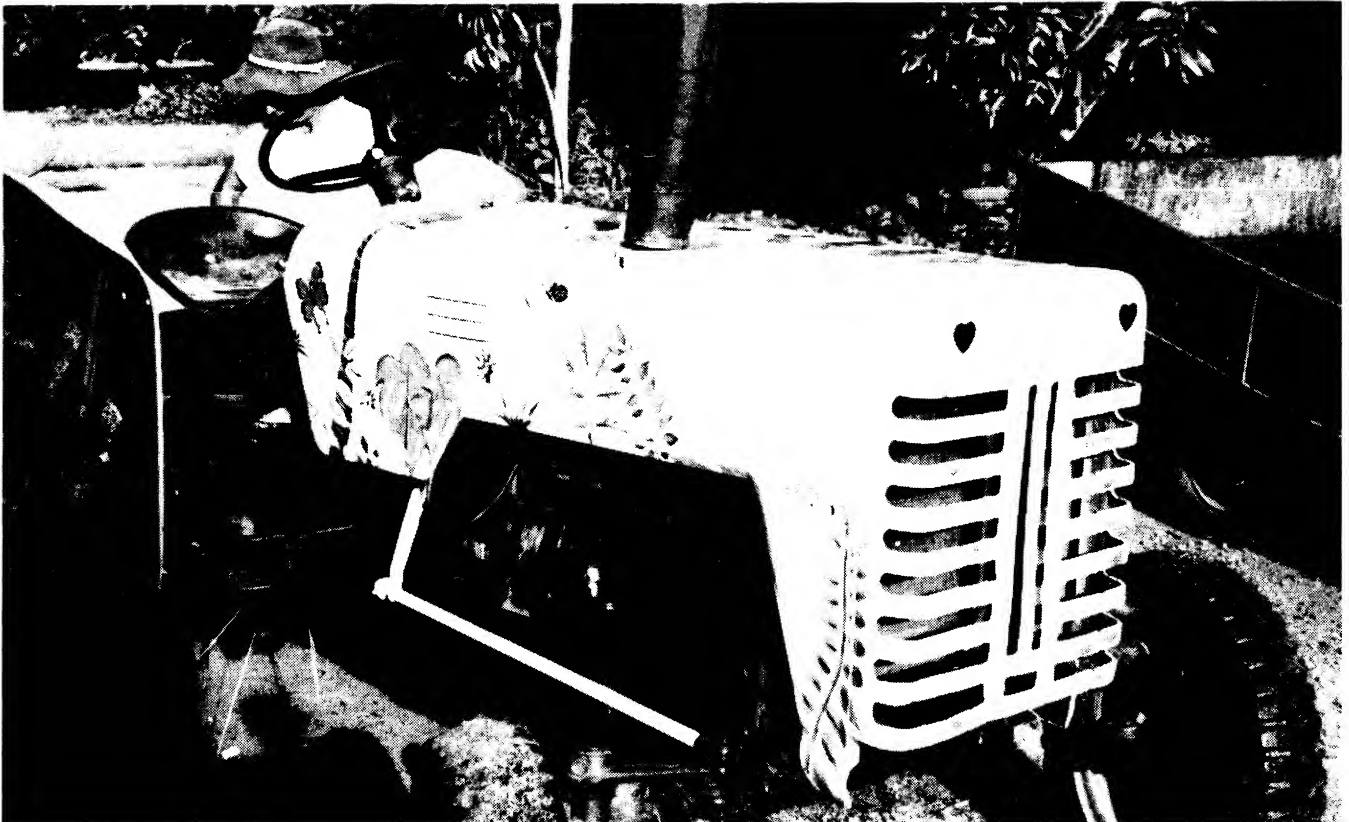
We are using our time here to catch up with reading, learning and experimenting with handcrafts, things I have so little time to do on the farm. I have found quite a few ways to use our coloured fleeces, as I hate throwing away anything that looks useful. Do you have any information on obtaining a small HAND DRUM-CARDER (new or used?) I have borrowed one here and can't do without it now.

**Sandy Earle
'Jareedna'
Sycamore Road
NOWRA 2541.**

Dear Grass Roots Readers,

My partner and I have just purchased 100 acres near Kyogle NSW and intend to build a RETREAT CENTRE. We are interested in creating a sanctuary for people, animals and plants. The buildings will be as chemical free as possible, also costing as little as possible. We wish to show others that it can be done without huge mortgage payments. We are also interested in organic gardening, permaculture etc. Anyone who feels they can help with expert advice or energy while sharing this paradise please write. Also please, organic ways to cut back lantana and other weeds.

**Taranath
PO Box 37
CORINDI BEACH 2456.**



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Feedback Link-Up Feedback

Howdy Folks,

We were wondering if anyone could help us with a plan for building an **ERGONOMIC CHAIR** or posture chair – the type designed to sit on, with the knees taking the weight. Any information would be greatly appreciated. Thank you all for providing a very useful magazine. Life wouldn't be the same without it.

Marie, Steve, Taletha & Zachary
C/- Post Office
STOWPORT 7321.

Dear Grass Roots,

Hello to all – I am a new reader and just love getting your magazine. I am forever picking them up and looking through and waiting for the next edition. I only wish people wrote direct to *Grass Roots* with the info asked. Out of two magazines there is so much I would like to know, but just haven't time to write so many letters. I am wanting to know where I can get comfrey plants or seeds. I use comfrey every day to help my osteoarthritis and I hear it is being taken off the market, so would like to grow it and mix it myself. I too agree with Denise Seaton (GR72): Maria Treben's book *Health Through God's Pharmacy* is a goldmine of information and I also have had good results from Swedish Bitters. I feel that with hard times coming it will be most handy to have the book and herbs growing. I am taking the herbal teas suggested in the book and they work. I also find Mrs. Grieve's *A Modern Herbal* a must and would not be without it.

For Lorraine Tomaz and Allan Capon (GR 71), here is a recipe for Worcestershire Sauce:

- 6 cups vinegar
- 1 cup treacle
- 1 cup plum jam
- 30 g (1 oz) garlic
- 15 g (1/2 oz) ground ginger
- 15 g (1/2 oz) cloves
- 45 g (1 1/2 oz) chillies
- 1 tbsp pepper
- 1 tbsp salt

Boil all gently for 2 1/2 hours. Strain and bring to the boil again.

Looking forward to my next edition. Keep up the good work, and here's a thought from Leonardo da Vinci. 'May we ever have joy and gratitude in our hearts that the creator of all things, in his love for us, placed the herbs in the field for our healing.'

Tina
PO Box 16
GLADSTONE 5473.

Dear Grass Roots,

I would like to say how much I enjoy your magazine which a cousin sends me. I lived in NZ for 3 years and passed through Australia briefly and of course hope to get out to visit her and her family. They are in the process of erecting a house while living in a two roomed shack at Eedle Terr WA. Unfortunately where I am living I can't keep animals but we are heavily into making yoghurt, bread and sausages as well as spinning and making rugs, gardening and carpentry, pickle and chutney making. I enclose a recipe which your readers might like, called an Aunt Betsy Cake:

- 5 cups flour
- 2 cups sugar
- 1/2 cup golden syrup
- 1 cup water
- 2 eggs
- 250 g (1/2 lb) chopped raisins
- 1 tsp each bicarb soda, cloves, cinnamon and mace

Beat the butter and sugar together, add the eggs, dissolve the soda in the water, then add the syrup, flour and spices and fruit and well work the mixture in the bowl. Turn it into a greased flat square tin and bake in a moderate oven or if preferred in small patty-pans. A time of 1-1 1/2 hrs is sufficient for a 900 g (2 lb) cake.

Best wishes

Vicky Hallett
Capers, Portland Rd
Burgess Hill
WEST SUSSEX ENGLAND RH15 9RL

Dear Grassroots People,

I'm doing second year nursing at Phillip Institute (I'm 25) and today in class we were looking at one of the ten human needs (Maslow) – the need for self-fulfilment. The exercise involved closing your eyes and going to your very special place and just staying there a while. (One of my friends went to bed!) Our lecturer helped us by asking if it was sunny and what the smells were like. Was it peaceful? Could you hear a waterfall? I found myself in the backyard of a wee farm at sunrise watching the chickens scratching and the sun rising. I could smell bread baking and hear the faint sound of running water in a nearby creek. What a wonderful few minutes! I didn't want to open my eyes and rejoin reality when she started talking again. The point of the exercise was to aid patients with interruptions to their needs. Probably related to hospitalisation (yucky sterile smelling rooms, noisy and intrusive – not conducive to healing).

What a wonderful tool for nurses. Nursing's changing isn't it? Yesterday I got the latest *Grass Roots* and reading it had the same effect on me. Now I have a clearer picture of where I'd like to be and want to let you know your magazine blesses me every time I read it. I just bought two 3 months old chooks – a silver speckled Hamburg and a brown Leghorn (Dotty and Dizzy) – and long to take them away to where they can really run around. My turn will come. 'To everything there is a season. A time for every purpose under heaven'.

I don't have a lot of time (full-time study) to go and see and hear the things I'd like to, to prepare me for a self-sufficient lifestyle. I just buy books and learn what I can from them. In fact, I feel a bit isolated from the people who breathe sweet-smelling air each day, not exhaust fumes. It would be neat to hear from anyone who would like to write to me about LIFE ON A FARM. Also God bless you all.

Jenny Rutherford
7 Lemana Cres
MT WAVERLEY 3149.

Dear Megg, David & Crew

I am wondering if anyone would be able to help me obtain some information on DEER FARMING. Any books would be of help, also is there a deer society I may be able to contact? I have been unable to find any societies in the phone books. Great magazine.

M James
11 Turners Rd
BITTERN 3918.

The Department of Agriculture & Rural Affairs in Melbourne should be able to assist with information and contact addresses of state and national deer farmers associations.

Dear Megg and Kath,

What a big CULTURE SHOCK for me. I had always wanted to move to the country. Now I'm actually here, it's taking some time to come to terms with. Mostly not having any power was the biggest problem. I couldn't just flick a switch and have instant help – no vacuum cleaner, no workable refrigerator, no TV, learning to use a gas stove and gas lighting.

Born at Cooranbong a NSW country town on Lake Macquarie, I was ten when we moved to Quorrobolong near Cessnock where my family sharefarmed. Though when young I was used to kerosene lamps, I was used to electricity all my married life. So when my 14 year old daughter and I moved to our eleven acres, and two bedroom timber house in N/W NSW (from an ad in *Grass Roots*) one month ago, I wondered if I had done the right thing. My daughter took to the country really well. She loved the school bus ride, finding the local kids much more friendly than our last home. My aim was to be self-sufficient, growing my own vegetables, and some fruit. At the moment the previous owner's sheep are still keeping the grass down.

The other shock was how lonely I felt. The only person I met for weeks was Lola, the postmistress who also runs the local telephone exchange 24 hours per day! Lola gave me phone numbers of people who would tell me what was going on in the district, and what courses TAFE was running. I don't know what is ahead of me yet, but I'm attending a weekly sewing course and a creative writing/word processing course, both run by TAFE Outreach.

Patricia
GRAMAN 2360.

Feedback Link-Up Feedback

Dear Readers,

I am a city boy shortly shifting to the country – I've got the land (7 beautiful acres), the shack plans are being drawn up and I'm trying to gather information on being an owner-builder. I'm going to install a slow combustion stove and lean towards the BOSKY ROO 20. I've received conflicting information from dealers on the performance of this stove particularly on the oven's efficiency. If any reader who has had anything to do with this stove or EVERHOT 204 or 150 could offer their comments I would love to hear from you. Peace to all.

Adrian Hetherington
5/136 Croydon Ave
CROYDON PARK 2133.

Dear GR Readers,

In my article 'Beginners Guide to Making Bread', GR 68, I mentioned using a flour mixture of 90 percent wholemeal and 10 percent ordinary flour. I have had several inquiries about using the flour to be had from the local grocer. Grocers do supply BREAD MAKING FLOUR in a prepacked premix. This flour is okay for bread making but do not use the ordinary 'plain flour'. It is best to obtain your flour from the flour mills, if possible, or from a local caterer or wholesaler. Bread making flours are supplied usually in a 25 kg bag from the flour mills. This is a lot of flour for a beginner to use; I would suggest buying a premix packet from the grocer and if you find you are successful in making bread or buns then go ahead with a 25 kg bag.

Beginners usually have trouble with wholemeal flour, the result is usually a 'brick', it did not rise and is tough and hard. I would suggest starting first with a 'Soft White' for making buns or a 'Milk Meal Premix' (white) for making bread. Once you are established in making good bread or buns from white flour then start adding a wholemeal to your white flour, either for buns or for bread. I have found that a good mixture is 2 parts by weight of wholemeal and 1 part of white, or start with 1 part wholemeal to 1 part white. As you become more proficient it will be possible to add more wholemeal and less white. Eventually with practice you will be able to make good bread from ground flour, ground directly from wheat you have grown or purchased. Remember not all types of wheat are suitable, I have been told by a reader from Boulia Qld that 'Cook' wheat is very good for grinding but if possible use 'Hartog' wheat as the results will be spectacular giving a light textured loaf which will rise very high.

For those readers who would like to start with a premix then gradually as they become proficient start using wholemeal and eventually move into grinding their own flour some suitable premix flours are: Standard Premix (contains no milk); Milk Premix (contains 4 percent dried skim milk powder); Milk Meal Premix (contains 4 percent skim milk powder); Soft White Premix (contains no milk); Soft Wholemeal Premix (contains no milk). The only difference I can find is that the 'Soft' flours contain soya flour. There are quite a few different flours for making bread, you can get premixes of rye, wheatgerm, leckerbrot, corn and barley – even ones for buns, bread rolls, pastry and croissants.

It is nice to be able to grind your own flour for bread but for a beginner, do it gradually. Start with a premix white, gradually work your way into wholemeal and with proficiency start using your own ground flour. Happy baking readers.

C van der Lelie
54 Charles St
TOOGLOOLAWAH 4313.

Hello GR Readers,

After 3 1/2 years of compost, digging, experimenting, and even enjoying some success with my small garden I think it's time to do something about the house that goes with it. The rooms are the wrong way round – the bathroom gets the most sunshine, the living room none at all. Living in a cool and humid climate (the west coast of the South Island) makes HEATING my first priority. And that's where the problems start. I would like to install a space heater (at the moment I have a rather inefficient potbelly stove) and run the hot water as well as 3-4 small radiators off it. I've been told that small car radiators or radiator-heaters would do the job. The shops (selling stoves) say 'No'. I think 'Why not?' and ask: does anybody know about any such heating systems, either out of books or from experience? What sort of heater, what sort and how many radiators, how does it work and

how to adapt to solar heating later on? I would appreciate any advice, shared experience, or just some tips about where get the info from.

I won't be able to afford everything at once, but would hate to have to undo previous work. As it is quite cool here the solar heating would only be water-heating during the warmer season. Any ideas will be appreciated. Thanks for the great ideas in the mag and for the good feelings I get reading all these shared experiences.

Irene Rzehorz
24 Hall-Jones St
Runanga
WESTLAND NZ.

Hello,

My name is Harry Knogler. In Germany I have worked with CASTING IN BRONZE from plaster casts that I sculpt. I would very much like to do more of this in Australia. I would need to learn more with people in Australia, perhaps groups of people in communities, or on their own. But I would like to make contact with somebody or people who are fair dinkum about this work. Does anybody know of this work and creativity and of people I could contact? I can go almost anywhere in Australia to learn. I have my own vehicle and can camp anywhere, very simply. Even if you know only a little (I know only a little too) still let me know.

Harry Knogler
C/- Box 764
SHEPPARTON 3630.

Dear GR Readers from Tasmania,

I am endeavouring to MOVE TO TASSIE in January next year with my 3 daughters then aged 15, 16 & 11, and our collie, but I don't know how to go about it. I have never been there but am very impressed with what I hear. We plan to rent a home with hopefully a little bit of land, but not too expensive as I'm a supporting mum. It must be near a senior high school. Are there such homes to be found? Which part of the land is best? I'm a clothing machinist and would require work from home. What is available in your area? Please write to me with as much information as you can give to help us make this big move.

K Thomas
11 Cetus Crt
ROCKINGHAM 6168.

Hello Everybody,

I have been reading *Grass Roots* on and off for years now. As a bushie all my life, having lived in town once which was once too often, I am often very sorry for those wanting advice on how many tanks are needed to water stock, garden and house. My advice is, don't bother and find a better place to buy because if you do buy that land you are just asking for – and will get – heartache and total misery. It is no joy to see animals and beloved plants die from thirst. It is also very, very expensive to buy water – if you can do so.

Now that is off my chest may I ask for some advice please. First a bit about me. I am 43, single and am staying that way. A tree, animals, books, classic music and open space lover, I believe in live and let live but am anti-drugs. Jidda, my Great Dane, and I shall be making the MOVE TO TASMANIA early next year, about March or sooner, depending on how soon I sell my house and 5 acres. I would like to hear from anyone in Tassie about small blocks of land and jobs as I shall have to work for a few years. I have given myself a year to find the right place so shall rent until I do. Thank you for your time. Good health to you.

Brenda Harkin
RMB 291A
Dunoon Road
MOOR CREEK 2340.

Dear GR Readers,

Hi, could anyone help us? We are looking for ALTERNATIVE or community type SCHOOLS (secondary or primary or both combined) in or around the Ballarat area. We are prepared to travel. Also would anyone know anything about Rudolf Steiner education or their schools? All letters will be answered.

H Oliver
23 Roberts Rd
CRANBOURNE 3977.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

I have 2 lovely little boys aged 6¹/₂ and 4¹/₂, a red cattle dog, a galah, a budgie and an old desexed cat. We found ourselves homeless about 2 months ago due to the owners of our previous house moving up from Sydney. Luckily, some close friends came to the rescue and have let us stay in a 16 foot caravan with a small unfinished room attached to it, on the front of their property. Although it doesn't leak, it gets quite damp at times, which plays havoc with my eldest son's asthma. It's very homely though and comfortable. We have all our own furniture which is in storage and will stay there until a house comes along.

Since Christmas 1988, RENTS IN THE COFFS HARBOUR AREA have become outrageous and we are looking at paying between \$150 and \$200 a week for an average run of the mill 3 bedroom home. The real estate agents treat me as nothing more than a low life due to wanting to rent in the first place and then of course, for being a single parent and having animals.

We have lived in this area for nearly three years and I have worked for the best part of that. At the moment, I work casually in a local shop. It doesn't pay well, but it certainly helps us. Dane, my eldest son, attends primary school in Woolgoolga and Dylan, my youngest son, goes to pre-school 2 days a week and will then go into school next year. I love gardening, animals, reading and basically the quiet life here, but it has just about become impossible for us to live in this area. I'm hoping we'll hear some helpful ideas or suggestions from a few of the north coast people in the near future, even if it's only for a chat.

We have lived in the country before on the other side of the Blue Mountains and have been fairly self-sufficient having a nice veggie garden, herb garden, goats (milking and meat), geese, ducks, hens and a calf. It was a very good life indeed except that it was far too cold for the kids in winter and Dane always got sick. We moved up here to be in the warmer weather, especially for Dane's sake. Anyway, keep up the good work and we hope everyone stays happy.

**Kaye, Dane and Dylan
'Lothlorien'
Old Pacific Highway
SAFETY BEACH 2456.**

Dear GR,

Hi! We really enjoy *Grass Roots* and found the articles on the owner built homes in GR 72 very interesting and inspiring. I and Lawrence, my partner, are planning to travel toward the EASTERN STATES in October/November, leaving here (Albany) in late August and heading north for a few weeks before heading toward SA . . . and wherever the roads lead us.

We have been looking forward to this adventure for a long time as an opportunity not only to see more of this wonderful country but also to meet new people and learn about gardening, mudbrick building and interesting places to visit – basically an exchange of ideas and friendship. We really want to get a full appreciation on this journey and I feel the people we meet will be essential to our experience – especially like minded GR people.

Some more about us: we are aged 18 and 24, vegetarian, non-smoking, drug free, into organic gardening, conservation, back-packing, with experience in tree planting, building and fencing. We have been living in Torbay-Albany for a year in a great spot near the coast. We are very interested in communities. Where are they all? We would love to hear from some community people with a view to a stay in return for work. We have just started to practise yoga and would be interested to know of any yoga orientated organisations too! Look forward to hearing from some of you.

**Jess and Lawrence
PO Box 137
ALBANY 6330.**

Dear Friends,

It has been 3 or 4 years since we last wrote. At that time we only planned, as many do, to 'go bush'. Well we made it nearly 2 years ago. We have ventured outside little these last 2 weeks of glorious rain but are warm and dry inside with the wood stove providing our heating needs. Dull weather plays up with the solar energy system a bit but

that will come right when the sun shines again. At the moment the gum top box are in flower and the noise from the lorikeets becomes quite deafening at times. Unfortunately we had to spend some time away over the summer and now the penalty must be paid – waist high grass to be cut and vegie gardens in much need of attention, when the rain stops!

I guess there is a little of the nomad and adventurer in all of us and we are no exceptions. It is time for us to move on, to see a bit more of this world of ours. Our destination, perhaps TASMANIA or NEW ZEALAND (South Island), so if anyone would like to write and give us the good oil on these places we would love to hear from you all. Our interests include the environment, animal liberation, green politics, social justice, vegetarianism and a peaceful life.

Peace to you all, and hi to Wayne at Carrington, Cameron now has a sister.

**David and Debra Mallory
PO Box 290
NANANGO 4315.**

Dear GR,

Please, you may be able to help me. I have searched high and low here in Canberra and am unable to purchase a MEAT PRESS. Perhaps you may know of a store somewhere that may still have one on its shelves with instructions on how to use it. I am new to cooking and want to learn how to press tongue, make brawn and whatever else I can learn to make. I trust your readers may be able to help.

**Robert Skinner
PO Box 99
KINGSTON 2604.**

Hello Grass Roots Readers,

First let me say thank you for such an interesting magazine. Early next year a friend and I intend to travel from Gloucester in NSW to SOUTH AUSTRALIA. Both of us are looking for a new start to life. I plan to buy a small property with some sort of dwelling in a not too dry country area of SA. Is there anyone in SA that could inform me of the general prices for something like that in various areas? Is it unrealistic to look for a minimum 2 acre piece of land with a dwelling for around \$15,000? I don't need electricity and don't mind anything up to 40 km out of town. Any information that anyone has to offer would be greatly appreciated.

Also we would love to stop and say hello to fellow GR people on our way. We will travel the Dubbo, Forbes, Mildura, Renmark route into SA. So if there's someone willing to put up 2 female travellers and a child for the night, or just to say hello – let me know.

**Beate Zeier
Upper Bowman
via GLOUCESTER 2422.**

Dear GR Friends,

My first letter, and I am building quite a library of *Grass Roots* – a wonderful reference and comfort. The whole magazine is perfect. Enough praise and in answer to Sandra, about her smelly feet problem – I do know that HEALTHY FEET depend on fresh air. It may be hard in your job, as closed shoes may be the uniform or rules, but Sandra think along these lines. Whenever possible give them a nice soak in warm water with a dash of Radox (from supermarket) then if possible go along to your pharmacist, and buy some clog type shoes or the ones with the pimples on the soles. Just get used to them – persevere. Your feet will love the freedom, so go barefoot whenever you can. Walking on tippy-toe will add health to your feet.

Could I share my HOME MADE CURES with everyone? If you are getting a bad cold, skin and crush two corms of garlic in press, squeeze in large mug, add juice of 1 lemon, 1/2 teaspoon ground ginger, pinch cayenne pepper, 1 tablespoon honey. Stir, add really hot water and drink, go straight to bed and cover up. And for bronchitis try inhalation of peppermint oil (from your health store), also try rosemary oil rubbed on temples for headache. Also, I believe, use eucalyptus oil on chest, for that flu feeling. Peace and tranquillity to all.

**June Baker
C/- Halifax Park
NELSON BAY 2315.**



gumnut gossip



by Megg Miller

This issue of GR represents a real milestone, the 75th magazine we have produced – a remarkable achievement in this fast changing world. *Grass Roots* has undeniably come a long way since its inception during the early seventies, and developed a wider philosophy than just one of craft and self-sufficiency. Because of its high reader input few issues relevant to modern living have been left unexplored and whether in agreement or not few people have read the magazine and walked away with their lives untouched by it in some small way.

It was all a bit of a lark back in 1973 when we first started producing it. We were young and relatively free and like many of our generation were fired with naive enthusiasm and a desire to change the world. In that initial issue we appealed to readers to rebel against the constraints of their daily routines. 'You don't have to bow to the dragging monotony of set hours, set jobs, set transport and set wages. Throw your clocks away,' we challenged, 'the time for change has come.' Tame prose these days, but back in the early seventies they were very provocative words. Alas, many years later we must confess to having disregarded our own entreaty and fallen prey to the 'monotony' of specific jobs and regular hours. Even nature, we found when we became more involved in gardening and farming, followed set patterns and our livestock were governed by innate habitual behaviour you could set your clock by. And worse, to achieve the things we considered important we had to stick at them, in fact to develop and follow routines and, ultimately, set jobs and set hours. In retrospect maybe we were a little fey, a little unrealistic, but as for the prophesy that the

time for change was nigh, it was an appropriate time then and now sixteen years later it is more relevant than ever. The seventies have been acknowledged as a time of rebellion when many of the outmoded formalities and conventions were discarded in favour of less restrictive living and loving. Let us hope we can all embrace the necessity for change again as we move into the nineties. As the fragile balance of our environment and the world's resources disintegrate we must work towards implementing low impact lifestyles that are, to use a modern phrase, 'user friendly' with the environment. Our appeal this issue is to pick up the clocks you threw down, along with cans, plastic and anything else you find, and to recycle or dispose of them in an ecologically sound manner.

Being a special issue we felt it would be appropriate to let our hair down and reveal all in an office photo. We've thought about doing it, we've even attempted to do it in the past but this is the first time we've managed to get the film developed and a satisfactory shot chosen. You wouldn't believe the difficulty involved in getting such a small number of adults all looking at the camera with their eyes open and faces shown in a socially acceptable manner. The shots we discarded have been placed in a file marked 'Never To Be Shown To Strangers' and buried deep in Chris's increasingly more efficient filing system. We hope it makes us a little more real to you and that when you're writing in or phoning us you can now put a face to the name at the other end. David of course selflessly forfeited his spot in the group by acting as official photographer – perhaps he felt outnumbered.



Rogues gallery – the hardworking staff at Grass Roots. Back row from left, Megg, Celia (typesetting and subscriptions) and Mary (proofreading and paste-up). Front, from left, Kath (editor and troubleshooter), Kerry (poetry and food editor), Chris (accounts and office supervisor) and Gail (typing).



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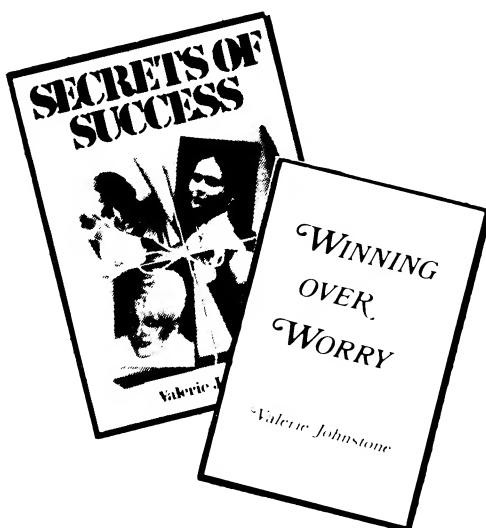
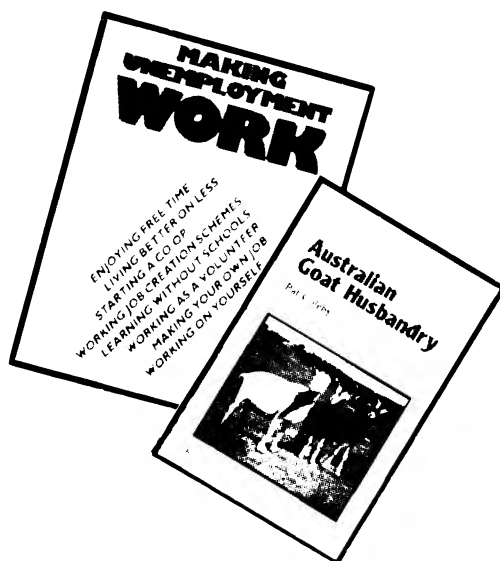
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